

GROUP FIT SCHEDULE - WINTER 2026

EFFECTIVE JANUARY 2, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45-8:30am  Lou	5:10-6:00am  Lou	7:45-8:15am  Patti	7:45-8:30am  Lou	8:00-9:00am  Patti	7:15-7:45am  Lynn	8:00-9:00am  Scott/Lisa
9:15-10:15am  Ledys	9:15-10:15am  Alisha	8:30-9:15am  Patti	8:00-9:00am  Fitness Program Classic Candy	9:15-10:00am  Patti	8:00-9:00am  MJ	9:00-10:00am  Patti
10:15-11:00am  Kristie	10:30-11:15am  Kristie	9:15-10:00am  Alisha	9:15-10:15am  Candy	10:15-11:15am  Candy	9:00-9:45am  Lynn	9:00-10:00am  Nikki
5:00-6:00pm  Nikki/Joe	11:30am-12:30pm  Kristie	10:00-10:45am  Alisha	10:15-11:15am  Maggie	11:30am-12:30pm  Ledy's	9:00-10:00am  Gina	10:00-11:00am  Gina
6:00-7:00pm  Scott/Lynn	5:30-6:30pm  Kathy K.	11:15am-12:15pm  Ledy's	11:15am-12:15pm  Ledy's	5:00-6:00pm  Helen	10:00-11:00am  Scott	11:10am-12:10pm  Helen/Alex
	5:30-6:30pm  Nikki/Joe	5:30-6:30pm  Liz	4:45-5:30pm  Lynn			
	6:30-7:30pm  Scott	6:30-7:30pm  Scott	5:30-6:30pm  Kathy K.	5:45-6:45pm  Nikki/Joe		

