 Group Fitness Schedule

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  |  |  |  |  | 9:15amHiit(RG) |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 5:30pmSpinning(CS) | 6:00pmZumba\*(PD) |  | 5:30pmZumba\*(PD) |  |  |
| 6:15pmMaximumCORE(CS) |  |  |  |  |  |

 *Effective 01/13/20*

*\*Zumba schedule often capricious*