 Group Fitness Schedule

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  |  |  |  |  | 9:15am  Hiit  (RG) |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 5:30pm  Spinning  (CS) | 6:00pm  Zumba\*  (PD) |  | 5:30pm  Zumba\*  (PD) |  |  |
| 6:15pm  MaximumCORE  (CS) |  |  |  |  |  |

*Effective 01/13/20*

*\*Zumba schedule often capricious*