




GROUP FITNESS STUDIO 2

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM					YourBarre Total Body	8:00AM YourBarre Booty Blitz	
					Meri		Zoe
12:15PM					YourBarre Total Body		
					Zoe		
4:45PM	YourBarre Total Body			YourBarre Total Body			
	Megan			Megan			
5:45PM	ALTERNATIVE Changing every 6 weeks	PowerYoga Holistic Conditioning	YourBarre Booty Blitz	PoleFitness Strength & Toning	PowerYoga Holistic Conditioning		
	Check on App or Website	Tina	Zoe	Sandra	Tina		

GROUP TRAINING ZONE (GTZ)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	Electrica Functional Training Cardio	Hydra Functional Training Strength			KnockOut 12 Round Boxing	Furnace Functional Training Endurance	9:15AM Proteus Functional Training Fitness
	Zoe	Crawf			Chris	Zoe	
12:15PM					Medusa FT Beginner/Female Lifting		
					Zoe		Zoe
4:00PM	4:00-6:00PM  Private Session			4:00-6:00PM Private Session	4:00-6:00PM Private Session		
5:00PM	FlipOut Outdoors Circuit Tyre Class	Zeus Functional Training Power			KB&R Kettlebells & Ropes		
	Ian	Andrew			Chris		
6:00PM	Electrica Functional Training Cardio	Hydra Functional Training Strength	KnockOut 12 Round Boxing	Hydra Functional Training Strength			
	Gracyn	Zoe	Chris	Chris			