



# October Group Fitness Schedule

9/29/2024-10/26/2024

Class Key:	Low Intensity	Low-Medium Intensity	Medium Intensity		Med-High Intensity	High Intensity
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.	<b>CrossFit</b>	<b>CrossFit</b>	<b>CrossFit</b>	<b>CrossFit</b>	<b>CrossFit</b>	
8:00 a.m.	<b>CrossFit</b>	<b>CrossFit</b>	<b>CrossFit</b>	<b>CrossFit</b>	<b>CrossFit</b>	
	"RIDE" Cycling Studio Jacki		"RIDE" Cycling Studio Jacki		"SPIN" Cycling Studio Renea	
8:45 a.m.				 Cycling Studio Luisa		
9:00 a.m.	<b>FITnWELL</b>		<b>FITnWELL</b>		<b>FITnWELL</b>	<b>CrossFit</b>
	"R.E.P.S." Studio 1 Sherry		"R.E.P.S." Studio 1 Sherry		"R.E.P.S." Studio 1 Sherry	
9:30 a.m.	 "30" Studio 1 Jacki		 "30" Studio 1 Jacki			
12:00 p.m.	Zumba Studio 1 Krystal	 Cycling Studio Luisa	Boot Camp The Sweat Zone Shirley		Pilates Mat Cycling Studio Amy	
	Boot Camp The Sweat Zone Shirley	Dancehall Fitness Studio 1 Krystal	"Steppin' It" Studio 1 Colleen	Abs and Glutes Studio 1 Krystal		
		Total Body Sculpt The Sweat Zone Alexis		Total Body Sculpt The Sweat Zone Alexis		
	<b>CrossFit</b>	<b>CrossFit</b>	<b>CrossFit</b>	<b>CrossFit</b>	<b>CrossFit</b>	
5:15p.m.	<b>CrossFit</b>	<b>CrossFit</b>	<b>CrossFit</b>	<b>CrossFit</b>		
5:30p.m.	YOGALATES Cycling Studio Renea	Total Body Sculpt The Sweat Zone Coleman	<b>MIXXEDFIT</b> Studio 1 Cheryl			
	"Steppin' It" Studio 1 Colleen	"Raise The Bar" Studio 1 Adrienne		"Raise The Bar" Studio 1 Adrienne		
			"Crunch & Burn" Cycling Studio Krystal	Total Body Sculpt The Sweat Zone Coleman		

6:00 p.m.				Abs and Glutes Cycling Studio Krystal		
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