

Group Fitness Class Schedule - **Overland** - Starting 6/27/18

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:30 AM	Fit Camp Val	Cycling Karie	Fit Camp Val		Fit Camp Val		
5:30 - 6:00 AM				Cycling Karie			
6:00 - 6:30 AM				Cycling Cont...Strength Karie			
9:00 - 10:00 AM		Fit Camp		Fit Camp			
9:15 - 9:45 AM		Yoga Sculpt Sally		Yoga Sculpt Sally		Zumba Kim	
9:45 - 10:15 AM		Yoga Strength & Stretch Sally		Yoga Strength & Stretch Sally		Strength & Tone Kim	
10:15-11:15 AM					Oula Becca	Oula Melissa	Oula Melissa
12:00-1:00 PM	Kick Boxing (Core De Force) Diane						
5:30 - 6:30 PM	Yoga Sally		Zumba Amber	Zumba Jeremiah			
6 :00 - 7:00 PM	Fit Camp Heather	Fit Camp Heather	Fit Camp Heather	Fit Camp Heather			
6:00 - 7:00 PM		Oula Melissa					
6:30 - 7:00 PM	Cycling Tanisha		Cycling Tanisha	Hip Hop Cardio Tanisha			
7:00-7:30 PM	Cycling Cont...Strength Tanisha		Cycling Cont...Strength Tanisha	Hip Hop Strength Tanisha			