


GROUP FITNESS CLASS SCHEDULE - JOHNNY'S FIT CLUB -OVERLAND LOCATION

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30		Fit Camp	Cycling	Fit Camp	Cycling	Fit Camp	
6:00		(5:30-6:30)	(5:30-6:30)	(5:30-6:30)	(5:30-6:30)	(5:30-6:30)	
6:30							
7:00							
7:30							
8:00							
8:30							
9:00			Fit Camp		Fit Camp		Zumba
9:30		Yoga	(9:00-10:00)	Yoga	(9:00-10:00)		(9:00-10:00)
10:00	Oula	(9:30-10:30)		(9:30-10:30)			Oula
10:30	(10:00-11:00)						(10:15-11:15)
11:00							
11:30							

5:00			Yoga			Yoga	
5:30		Shine (5:30-6:30)	(5:00-6:00)	Zumba (5:30-6:30)	Zumba (5:30-6:30)	(5:00-6:00)	
6:00		Fit Camp (6:00-7:00)	Fit Camp & Oula	Fit Camp (6:00-7:00)	Fit Camp (6:00-7:00)	Oula	
6:30		Cycling	(6:00-7:00)	Cycling	Hip Hop Cardio	(6:00-7:00)	
7:00		(6:30-7:30)		(6:30-7:30)	(6:30-7:30)		
7:30							