

Group Fitness Class Schedule

CLUB HOURS: Monday - Thursday 4am - 12 Midnight
 Friday 4am – 9pm
 Saturday 7am-7pm
 Sunday 7am-5pm

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM	Power Up <i>Briana</i>	Yoga Fusion <i>Mary</i>	Power Up <i>Briana</i>	Yoga Fusion <i>Kerry</i>		
8:00AM	Power Up <i>Anita</i>					
8:15AM		CARDIO FUSION <i>Linda</i>	 <i>Janet</i>	CARDIO FUSION <i>Linda</i>		
9:15AM	Power Up <i>Anita</i>	Yoga Fusion <i>Paige</i>	Power Up <i>Anita</i>	Yoga Fusion <i>Paige</i>	Power Challenge <i>Linda</i>	9:30 AM Yoga Fusion <i>Kerry</i>
10:30AM	DSF GOLD <i>KK</i>	Active Adult/Cardio <i>Linda</i>	DSF GOLD <i>KK</i>	Active Adult <i>Linda</i>	DSF GOLD <i>Karen</i>	10:45 AM Power up <i>Anita</i>
11:30AM	DANCE MIX <i>Darla</i>	DSF GOLD <i>KK</i>	DANCE MIX <i>Darla</i>	DSF GOLD <i>K.K.</i>	 <i>Janet</i>	SUNDAY
12:30pm	DSF GOLD <i>KK</i>		DSF GOLD <i>KAREN</i>		DSF GOLD <i>Karen</i>	
4:30PM	Yoga Fusion <i>Kerry</i>					
5:30PM				Yoga Fusion <i>Kerry</i>		
6:30PM						

Small Group & Semi-Private Training

Please see a staff member for details