

CLASS SCHEDULE

FITNESS



FFC



PICKLEBALL

RESERVATIONS FOR CLASSES ARE REQUIRED AS SPACE IS LIMITED. RESERVATIONS MAY BE CANCELED WITHIN 1 HOUR OF CLASS START TO AVOID A \$5 NO-SHOW CHARGE.

	TIME	CLASS	INSTRUCTOR	ROOM
MONDAY	8:30AM 9:30AM 6:00PM	MAX STRENGTH CYCLE CIRCUIT FIT	MICHELE K SEEMA B MIKKI M	FITNESS STUDIO CYCLE STUDIO TURF FIELD
TUESDAY	8:30AM 9:30AM 5:45PM 6:00PM 6:30PM	BODY BLAST ZUMBA CYCLE SCULPT H2O FIT	EILEEN T REED D CHAD D ALLY G BRITTANY	FITNESS STUDIO FITNESS STUDIO CYCLE STUDIO FITNESS STUDIO POOL
WEDNESDAY	8:30AM 9:30AM 6:30PM	HALO SCULPT SCULPT & BURN RESTORATIVE YOGA	SEEMA B MICHELLE KAZZ TRICIA L	FITNESS STUDIO FITNESS STUDIO MIND BODY STUDIO
THURSDAY	8:30AM 9:30AM 5:45PM 6:00PM 6:30PM	STACKED CORE & RESTORE YOGA CYCLE HALO SCULPT H2O FIT	MIKKI M MIKKI M SUSANNAH B MERYL R SEEMA B	FITNESS STUDIO FITNESS STUDIO CYCLE STUDIO FITNESS STUDIO POOL
FRIDAY	8:30AM 9:30AM	BURN CYCLE	MICHELE K MICHELE K	FITNESS STUDIO CYCLE STUDIO
SATURDAY	8:30AM 9:30AM 10:30AM	TOTAL BODY PUMP CYCLE STRENGTH	MICHELE K MICHELE K ALLY G	FITNESS STUDIO CYCLE STUDIO FITNESS STUDIO
SUNDAY	8:30AM 9:30AM 10:30AM	CYCLE BURN YOGA FLOW	PATRICK M PATRICK M MIKKI M	CYCLE STUDIO FITNESS STUDIO MIND BODY STUDIO

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