



2024 SUMMER SCHEDULE

	STUDIO CLASSES		KIDS ZONE	BABY GYM						
	Monday	Tuesday	Wednesday	Thursday	Friday					
6:15 am	GYM CLASS HEROES Brennan		HIIT & FLOW Hanz				GYM CLASS HEROES Brennan		HIIT THE GYM Franca	
8:00 am							SUPER CIRCUIT Nicole			
9:15 am			BARRE BOOTY Jamie		FUNDAMENTAL CORE Pieta					
10:15 am	HIIT THE LEGS Nicole	BABY GYM Vera	LOW IMPACT FITNESS Christine				LOW IMPACT PILATES Anie		10am FULL BODY SWEAT Christine	10am BABY GYM Patricia
11:15 am			HIIT & FLOW Christine	BABY GYM Sheila	FULL BODY SWEAT Christine	BABY GYM Patricia	SO BARRE CORE Anie	BABY GYM Sheila		
12:15 pm	STRENGTH CIRCUIT Brennan	BABY GYM Vera			UPPER BODY SWEAT Hanz	BABY GYM Patricia			STRENGTH CIRCUIT Nicole	BABY GYM Patricia
6:15 pm	GYM CLASS HEROES Franca									
7:15 pm	STRENGTH CIRCUIT Mercedes		STEP UP! Mercedes		GYM FLOW Marnee					
8:15 pm					COMBAT FIT Meredyth		FULL BODY SWEAT Nicole			

	WEEKEND WARRIORS	
	Saturday	Sunday
8:15 am	UPPER BODY SWEAT Christine	
9:00 or 9:15 am	GYM CLASS HEROES Franca	
	MENS ONLY STRENGTH CIRCUIT Brennan	
	KIDS ZONE Nicole	
	BABY GYM Vera	
10:15 or 10:30 am	FULL BODY SWEAT Lina	
	KIDS ZONE Melissa	
	KIDS ZONE Melissa	
	SUPER CIRCUIT Nicole	
	KIDS ZONE Melissa	
	BABY GYM Vera	