



East Central OCTOBER 2019 Group Fitness Schedule

Sun: 8:00 am - 7:00 pm Mon: 5:00 am - 11:00 pm Tues: 5:00 am - 11:00 pm Wed: 5:00 am - 11:00 pm Thurs: 5:00 am - 11:00 pm Fri: 5:00 am - 9:00 pm Sat: 7:00 am - 7:00 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30 AM FitLife (A)	8:30 AM Group Centergy (B)	8:30 AM FitLife (A)	8:30 AM Group Centergy (B)	12:15 PM Boot Camp (A)	9:00 AM Group Power (A)
	9:30 AM Gentle Yoga (B)	9:30 AM R-30 (A)	9:30 AM Gentle Yoga (B)	9:30 AM R-30 (A)		10:00 AM Zumba (A)
	12:15 PM Group Active (A)	12:15 PM Pilates Fusion (A)	12:15 PM Group Fight (A)	12:15 PM Pilates Fusion (A)		11:00 AM Group Centergy (B)
	5:30 PM Group Power (A)	4:30 PM Group Centergy (B)	5:30 PM Group Power (A)	5:30 PM Group Blast (A)		
	6:30 PM Zumba (A)	5:30 PM Group Active (A)	5:30 PM Pilates Fusion (B)	6:30 PM Boot Camp Express (A)		
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