



# Salina 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                   |
|-------------------------------|------------------------------|--------------------------------|------------------------------|--------------------------------|-----------------------------|----------------------------|
| 2:30 PM<br>Group Centergy (C) | 5:15 AM<br>Group Power (A)   | 5:15 AM<br>Group Ride (B)      | 5:15 AM<br>Group Blast (A)   | 5:15 AM<br>Group Active (A)    | 9:00 AM<br>Group Active (A) | 8:00 AM<br>Group Blast (A) |
|                               | 9:00 AM<br>Group Groove (A)  | 9:00 AM<br>Group Power (A)     | 9:00 AM<br>Group Fight (A)   | 9:00 AM<br>Group Power (A)     |                             | 9:00 AM<br>Group Fight (A) |
|                               | 10:00 AM<br>Group Active (A) | 10:00 AM<br>Group Core (A)     | 10:00 AM<br>Group Active (A) | 10:00 AM<br>Group Core (A)     |                             |                            |
|                               | 5:30 PM<br>Group Power (A)   | 10:30 AM<br>Group Centergy (C) | 5:30 PM<br>Group Power (A)   | 10:30 AM<br>Group Centergy (C) |                             |                            |
|                               | 6:00 PM<br>R-30 (B)          | 10:30 AM<br>R-30 (B)           | 6:30 PM<br>Group Fight (A)   | 10:30 AM<br>R-30 (B)           |                             |                            |
|                               | 6:30 PM<br>Group Core (A)    | 5:30 PM<br>Group Blast (A)     |                              | 5:30 PM<br>Group Blast (A)     |                             |                            |
|                               |                              | 6:30 PM<br>Group Active (A)    |                              | 6:30 PM<br>Group Centergy (A)  |                             |                            |