



Springfield South DECEMBER 2018 Schedule

Sun: Opens at 7:00 am Mon: Open 24 hours Tues: Open 24 hours Wed: Open 24 hours Thurs: Open 24 hours Fri: Open until 9:00 pm Sat: 7:00 am - 9:00 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 AM Group Ride (C)	6:00 AM Group Power (A)	6:00 AM BODYFLOW (A)	6:00 AM Group Power (A)	8:30 AM Water Exercise (Pool)	8:30 AM Group Power (A)
	8:30 AM Water Exercise (Pool)	9:00 AM Boot Camp (A)	8:30 AM Water Exercise (Pool)	9:00 AM Boot Camp (A)	9:00 AM BODYATTACK (A)	9:00 AM Zumba (B)
	9:00 AM Attack/Combat (A)	10:00 AM BODYFLOW (A)	9:00 AM BODYCOMBAT (A)	10:00 AM BODYFLOW (A)	10:00 AM Group Power (A)	9:30 AM Core 30 (A)
	10:00 AM Group Power (A)	12:00 PM Group Ride (C)	10:00 AM Group Power (A)	12:00 PM Group Ride (C)	12:00 PM Yoga (A)	10:00 AM BODYCOMBAT (A)
	5:15 PM Group Ride (C)	4:30 PM Group Power (A)	11:00 AM BODYFLOW (A)	4:30 PM Group Power (A)		10:00 AM Group Ride (C)
	5:30 PM BODYCOMBAT (A)	5:30 PM BODYATTACK (A)	5:15 PM Group Ride (C)	5:30 PM BODYATTACK (A)		10:00 AM KidFit (B)
	5:30 PM Zumba (B)		5:30 PM BODYCOMBAT (A)	5:30 PM KidFit (B)		11:00 AM BODYFLOW (A)
	5:45 PM Aqua HIIT (Pool)		5:30 PM Zumba (B)	6:00 PM Group Ride (C)		
	6:30 PM Group Power (A)		5:45 PM Aqua HIIT (Pool)			
	7:30 PM BODYFLOW (A)		6:30 PM Group Power (A)			

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

7:30 PM

BODYFLOW (A)