Fitness Class Schedule

Time	Mon	Tue	Wed	Thu	Fri	Sat
5:45am	*Large Group Fitness Heather*	*Large Group Fitness Heather*	*Large Group Fitness Heather*	*Large Group Fitness Heather*	*Large Group Fitness Heather*	
6:30am						*Run/Walk Club Heather*
6:45am	*Group Personal Training Rocki*		*Group Personal Training Heather*		*Group Personal Training DeNaya*	
7:00am		*Functional Mobility Jen*		*Functional Mobility Jen*		
8:00am	*Large Group Fitness Kelli*	*Large Group Fitness Heather*	*Large Group Fitness Kelli*	*Large Group Fitness Heather*	*Large Group Fitness DeNaya*	
8:45am	*Mobility & Flexibility Kelli*					
9:00am						
5:30pm	*Large Group Fitness Grace*	*Large Group Fitness Annie*	*Large Group Fitness Annie*	*Large Group Fitness DeNaya*		
6:15pm						

**Instructor substitution possible at any time*

THE TRAINING TOOLE

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