

GROUP EXERCISE STUDIO

Rian Fortier Group X Director

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TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
5:30a	JENN	JENN		JENN	JENN/KAREN	8:00a	CHRISTINE	JENN
8:00a				JESS		9:00a	KERRI	KAREN
9:00a	CHRISTINE	KAREN	CHRISTINE	CHRISTINE	KAREN	10:00a	RIAN	LEANNE/KERRY
10:00a	RIAN		KERRY		KERRY	11:00a	YOGA - KATHY	
4:00p								
4:30p	CHRISTINE		KAREN					
5:00p		JENN		KAREN				
5:30p	KERRI		CHRISTINE					
6:00p		DENISE		KERRI	HULA NANCY			
6:30p	KERRI		RIAN					
7:00p		KERRY		KERRY				
7:30p	YOGA - KATHY		YOGA - KATHY					

CINEDROME

Sign up required for ARC, SPARC & Cycle Classes

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
5:30a			BARBARA			8:00a	KERRI	
9:00a	SAMANTHA (STARTS AS OF JUNE 4TH)	SAMANTHA	RIAN	KAREN		9:00a	SHERRI	CINDY/SAMANTHA
5:30p			SHERRI			<div style="background-color: #4b0082; color: white; padding: 10px;"> <h3>PLAYCARE HOURS:</h3> <p>Monday to Thursday: 8:00 am - 12:00 pm 4:00 pm - 8:00 pm</p> <p>Friday: 8:00 am to 12:00 pm</p> <p>Saturday: 8:00 am - 12:00 pm</p> <p>Sunday: 8:00 am to 12:00 pm</p> </div>		
6:00p	SHERRI							
6:30p		CHRISTINE						
7:00p								

*HULA HOOP FITNESS - SPACE IS LIMITED, 30 SPOTS.