

STUDIO I									
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY	
5:00AM	TABATA 30 *5:15 Christy		TABATA Christy						
6:00AM		BODYPUMP Christy		BODYPUMP Christy					
8:30AM	 Chrissie					8:00AM	 Nekea		
9:00AM				BODYPUMP Judy					
9:30AM		BODYPUMP Jen	 Mary			9:10AM	BODYCOMBAT Donna	BODYPUMP Vicky	
9:45AM					Les Mills CORE Jen	10:15AM	BODYPUMP Jen		
10:15AM				 Jen					
10:30AM	Les Mills CORE Jen				Strong & Steady Judy J				
10:45AM			Les Mills CORE Jen			11:30AM	BODYSTEP Ashley		
11:00AM		Strong & Steady Kathy				12:30PM		 Krishna	
11:30AM	 Masumi		Strong & Steady Donna	Strong & Steady Ali					
5:30PM		*5:45 BODYPUMP Jamie/Ashley			BODYPUMP Catherine/Randy				
6:00PM	 Brandi		BODYPUMP Vicky	BODYPUMP Catherine					
7:00PM		 Pennie							
7:30PM	HIP HOP DANCE MIXERFIT Tiffany		 Brandi	 Teryck					
STUDIO II									
6:00AM	YOGA Tatiana	MAT PILATES Nekea	 Nekea	MAT PILATES Nekea	YOGA Tatiana				
9:00AM	Barrelates Deborah	Pilates Flow Mary		MAT PILATES Renee	MAT PILATES Renee	9:00AM		CORE YOGA Judy	
9:30AM			Barrelates Deborah			9:15AM	Vinyasa Flow Meghan		
10:30AM	Vinyasa Flow Jess	*10:15 Mary		Power Yoga Lisa	Vinyasa Flow Deborah	10:00AM		Vinyasa Flow Judy C	
11:00AM			 Pennie			11:30AM	 Teryck		
11:30AM									
11:45AM		GENTLE YOGA Judy			Yin Yoga Deborah				
5:30PM	BODYSTEP Ashley	CORE YOGA Catherine	 Krishna	*5:35 Mary					
6:00PM					 Mashari				
6:30PM			STEP *6:35 Barry						
6:45PM		BODYCOMBAT Donna							
7:00PM	 Lynne			YOGA Judy C					
AQUA - Classes 60 Minute Block									
9:30AM				AquaFit Lisa					
10:30AM	AquaFit Lisa								
6:00PM		Aqua Tabata Marlys	AquaHIIT Marlys						
6:30PM	 Mashari			AquaFit Marlys					
CYCLE									
5:00AM		Cycle Christy		Cycle Christy					
8:30AM			Cycle *45min Melanie		Cycle Traci				
9:15AM				Cycle Chrissie		9:30AM	Cycle Carly		
9:45AM	sprint Mary								
10:30AM					sprint Jen	10:30AM		sprint Mary	
4:30PM	Cycle Katie								
5:00PM		Cycle Marlys							
5:30PM			sprint Mary	sprint Ashley					
E C I L O U S E T E	<ul style="list-style-type: none"> Please consult your health care provider prior to engaging in any form of physical activity. Please be on time for classes. Do not enter if more than 10 minutes late. As a courtesy, please turn off all cell phones prior to the start of class. Follow the Instructor's routine. Please return equipment to its proper place. Please hydrate before, during and after class. Results Fitness reserves the right to cancel/substitute classes and/or instructors as needed. 				Jennifer Rapchak ~ Group X Director groupx@resultsfitnessgym.com				