

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:15AM			LM Functional Strength Christy					
6:00AM		BODYPUMP Christy		BODYPUMP Christy				
8:30AM	360 Chrissie					8:00AM	LES MILLS BODYBALANCE Nekea	
9:00AM				BODYPUMP Judy		9:10AM	BODYCOMBAT Donna/Leslie	BODYPUMP Vicky
9:30AM		BODYPUMP Jen	360 Mary					
9:45AM					Les Mills CORE Jen			
10:30AM	Les Mills CORE Jen			*10:15 360 Jen	Strong & Steady Judy J	10:15AM	BODYPUMP Jen	
10:45AM			Les Mills PILATES Jen			11:30AM	BODYSTEP Ashley	
11:00AM		Strong & Steady Kathy				12:30PM		ZUMBA Krishna
11:30AM	ZUMBA gold Jean			Strong & Steady Ali				
12:00PM					ZUMBA Tirsa			
5:30PM	BODYSTEP Ashley	BODYPUMP *5:45 Ashley						
6:00PM			BODYPUMP Vicky	BODYPUMP Catherine	ZUMBA Mashari			
6:30PM	ZUMBA Brandi							
7:15PM			ZUMBA Gelasia	ZUMBA Teryck				
7:30PM		HIP HOP DANCE MIXEDFIT Tiffany						
STUDIO II								
6:00AM	YOGA Tatiana	MAT PILATES Nekea	LES MILLS BODYBALANCE Nekea	MAT PILATES Nekea	YOGA Tatiana			
9:00AM	Barrelates Deborah	Pilates Flow Mary		MAT PILATES Renee	MAT PILATES Renee	9:00AM		CORE YOGA Judy C
9:30AM			FusionFLOW Deborah			9:15AM	Vinyasa Flow Meghan	
10:30AM	Vinyasa Flow Cameron	LES MILLS BODYBALANCE *10:15 Mary		Vinyasa Flow Cameron	Vinyasa Flow Deborah	10:00AM		Vinyasa Flow Judy C
11:00AM			ZUMBA Jean			11:30AM	ZUMBA Teryck	
11:30AM		GENTLE YOGA Judy J						
5:30PM	Les Mills PILATES Catherine	CORE YOGA Catherine	ZUMBA Krishna	LES MILLS BODYBALANCE *5:35 Mary				
6:30PM			STEP *6:35 Barry					
6:45PM		BODYCOMBAT Donna/Leslie						
7:00PM	LES MILLS BODYBALANCE Lynne			YOGA Judy C				
AQUA - Classes 60 Minute Block								
8:00AM		AquaCombat Carla						
9:00AM					AquaHIIT Carla	9:00AM		Aqua Tabata Leslie
9:30AM			AquaFit Lisa					
10:00AM				AquaFit Carla				
10:30AM	AquaFit Lisa							
5:30PM					AquaHIIT Leslie			
6:30PM	ZUMBA Mashari	Aqua Tabata Marlys		AquaDEEP 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 Leslie
4:30PM	Cycle Becca							
5:30PM		Cycle Marlys	sprint Mary	Cycle Marlys				
CLAUSTRATE	• 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		RESULTS FITNESS A Better Way of Life	