

STUDIO I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:00AM								
6:00AM		BODYPUMP Christy		BODYPUMP Christy				
8:30AM	Chrissie					8:00AM	Nekea	
9:00AM				BODYPUMP Karissa		9:10AM	BODYCOMBAT Donna/Leslie	BODYPUMP Vicky
9:30AM		BODYPUMP Jen	Mary					
9:45AM					<i>Les Mills CORE</i> Jen			
10:30AM	<i>Les Mills CORE</i> Jen			*10:15 Jen	Strong & Steady Judy J	10:15AM	BODYPUMP Jen	
10:45AM			<i>Les Mills PILATES</i> Jen			11:30AM	BODYSTEP Ashley	
11:00AM		Strong & Steady Kathy				12:30PM		Krishna
11:30AM	Jean			Strong & Steady Ali				
12:00PM								
4:30PM				<i>Les Mills PILATES</i> Jen 4/2 & 16 only				
5:30PM	BODYSTEP Ashley	BODYPUMP *5:45 Ashley		BODYPUMP Catherine				
6:00PM			BODYPUMP Vicky		Mashari			
6:45PM	*6:35 Brandi	Jean		Teryck				
7:15PM			Gelasia					

STUDIO II

6:00AM	YOGA Tatiana	<i>LM Pilates & Strength</i> Nekea	Nekea	<i>LES MILLS PILATES</i> Nekea	YOGA Tatiana			
9:00AM	<i>Barrelates</i> Deborah	<i>Pilates Flow</i> Mary		MAT PILATES Renee	MAT PILATES Renee	9:00AM		CORE YOGA Judy C
9:30AM			<i>FusionFLOW</i> Deborah			9:15AM	<i>Vinyasa Flow</i> Jenny	
10:30AM	<i>Vinyasa Flow</i> Cameron	*10:15 Mary		<i>Vinyasa Flow</i> Joanna	<i>Vinyasa Flow</i> 10:15 Deborah	10:00AM		<i>Vinyasa Flow</i> Judy C
11:00AM			Jean			11:30AM	Teryck	
11:30AM		GENTLE YOGA Judy J						
5:30PM	<i>Les Mills PILATES</i> Catherine	CORE YOGA Catherine	Krishna	*5:35 Mary				
6:30PM			STEP *6:35 Barry					
6:45PM		BODYCOMBAT Donna/Leslie						
7:00PM	Lynne			YOGA Judy C				

AQUA - Classes 60 Minute Block

8:00AM								
9:00AM		AquaCombat Carla			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	AquaFit Marlys/Mashari	AquaDEEP Marlys		Aqua Tabata 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	10:00AM		HIIT 30 Cycle Leslie
5:00PM	HIIT 30 Cycle Carly							
5:30PM		Cycle Marlys	sprint Mary					

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- 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
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