

STUDIO I								
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30AM								
6:00AM		BODYPUMP Christy		BODYPUMP Christy				
8:30AM	360 Chrissie					8:00AM BODYBALANCE Nekea		
9:00AM				BODYPUMP Nikita		9:10AM BODYCOMBAT Donna/Leslie	BODYPUMP Vicky	
9:30AM		BODYPUMP Jen	360 Mary					
9:45AM					<i>Les Mills CORE</i> Jen			
10:30AM	<i>Les Mills CORE</i> Jen			*10:15 360 Jen	<i>Strong & Steady</i> Judy J	10:15AM BODYPUMP Jen		
10:45AM			<i>Les Mills PILATES</i> Jen			11:30AM BODYSTEP Ashley		
11:00AM						12:30PM		ZUMBA Krishna
11:30AM	ZUMBA gold Jean	<i>Strong & Steady</i> Jen		<i>Strong & Steady</i> Ali				
12:00PM					ZUMBA Luisa			
4:30PM								
5:30PM	BODYSTEP Ashley	BODYPUMP *5:45 Ashley		BODYPUMP Catherine				
6:00PM			BODYPUMP Vicky		ZUMBA Mashari			
6:45PM	ZUMBA *6:35 Brandi	ZUMBA Jean		ZUMBA Teryck				
7:15PM			ZUMBA Gelasia					
STUDIO II								
6:00AM	YOGA Tatiana	<i>LES MILLS PILATES</i> Nekea	BODYBALANCE Nekea	<i>LES MILLS PILATES</i> Nekea	YOGA Tatiana			
9:00AM	<i>Sculpt Flow</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	BODYBALANCE *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			ZUMBA Jean			11:30AM	ZUMBA Teryck	
11:30AM		GENTLE YOGA Judy J						
5:30PM	<i>Les Mills PILATES</i> Catherine	<i>LES MILLS HATHA</i> Catherine		BODYBALANCE *5:35 Mary				
6:30PM			STEP *6:35 Barry					
6:45PM		BODYCOMBAT Donna/Leslie						
7:00PM	BODYBALANCE Lynne			YOGA Judy C				
AQUA - Classes 60 Minute Block								
8:00AM								
9:00AM		AquaCombat Carla		AquaFit Carla	AquaHIIT Carla	9:00AM		Aqua Tabata Leslie
9:30AM	AQUA ZUMBA Luisa		AquaFit Lisa					
10:30AM								
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					
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					
E C L A S S E S	• 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			