

FIVE STAR FITNESS

GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	CYCLE JILL		CYCLE JILL		CYCLE INTR JILL		
8:00 AM					Yoga Randy	50 / 50 JILL	
8:30 AM	HI/LOW WORKOUT JILL		50 / 50 JILL				
9:00 AM Studio 2							
9:00 AM		ZUMBA Becky H.i		ZUMBA Darci	ZUMBA Becky H./ Angie H	ZUMBA Monique	STEP & STRENGTH MEGHAN
9:30 AM	STRENGTH & PILATES JILL		PILATES JILL				
10:00 AM		YOGA Angie		YOGA Denise	STRENGTH JILL	YOGA Denise / Angie	YOGA 10-11:15 Lori L.
4:30 PM	STRENGTH Tricia	STRENGTH CARLA	Belly Booty Blast Tricia	STRENGTH Carla			
5:30 PM	STEP + Tara	KICKBOXING Kim	STEP + Tara	ZUMBA Tara	5:15 ZUMBA Kim		
6:30 PM	PiYo Gabrielle	Yoga/Pilates Kim	ZUMBA Monique	Strength Gabrielle			
7:30 PM			KidZ (30min) Monique ----- STRENGTH Gabrielle				

ALL CLASSES ARE APPROXIMATELY 55 MINUTES UNLESS OTHERWISE NOTED
CLASSES IN PURPLE TIME SLOT ARE HELD IN STUDIO 2