

BODY TECH

TOTAL FITNESS

3585 Hennepin Dr. Joliet, IL.

815.439.9900

Group Fitness Schedule

STUDIO 1 - ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>HIIT CIRCUIT 9:05am Tricia</p> <p>BARRE 10:00am Beth</p> <p>STRETCH / FOAM ROLLER 11:00-11:30am (Bring a Foam Roller) Beth</p> <p>STRENGTH 4:30pm Lori</p> <p>STEP JAM 5:30pm Tara</p> <p>LES MILLS BODYPUMP 6:30pm Alison</p>	<p>ZUMBA 9:00am Angie H.</p> <p>YOGA 10:00am Angie</p> <p>STRENGTH 4:30pm Carla</p> <p>KICKBOXING 5:30pm Kim</p> <p>ZUMBA 6:30pm Jessy.</p>	<p>LES MILLS BODYPUMP 9:00am Becky H.</p> <p>STRONG BY ZUMBA 10:15am Sonja</p> <p>STRENGTH 4:30pm Heather P.</p> <p>STEP JAM 5:30pm Tara</p> <p>ZUMBA 6:30pm Jen</p> <p>KID ZUMBA 7:30-8:00pm Jen</p>	<p>ZUMBA 9:00am Sonja</p> <p>YOGA 10:15am Denise</p> <p>STRENGTH 4:30pm Carla</p> <p>ZUMBA 5:30pm Tara</p> <p>YOGA 6:30pm Randy</p>	<p>ZUMBA 9:00am Becky H.</p> <p>STRENGTH 10:00am Tricia</p> <p>STRONG BY ZUMBA 5:30pm Jessy</p>	<p>LES MILLS BODYPUMP 8:00am Becky R.</p> <p>ZUMBA 9:10am Jessy</p> <p>YOGA 10:15am Denise</p>	<p>ROTATING CLASS & INSTRUCTOR 9:00am</p> <p>YOGA 10:00am Lori</p>

Group Fitness Schedule

STUDIO 2 - ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>CYCLING 5:30am Lynn</p> <p>CARDIO BLAST 8:15am Janet</p> <p>TOTAL BODY STRENGTH 9:00am Nicole</p> <p>30 MINUTE MACHINE CIRCUIT 10:30am and at 5:30pm Theresa</p> <p>ZUMBA 7:00pm Jen</p>	<p>20/20/20 9:05am Tricia</p> <p>TRX BODY BLAST 10:30am Heather P.</p> <p>BOOT CAMP 5:15pm Janet</p>	<p>CYCLE INTERVAL 5:30am Colleete</p> <p>CARDIO BLAST 8:15am Janet</p> <p>TOTAL BODY STRENGTH 9:00am Nicole</p> <p>BUTTS AND GUTS 10:15am Heather</p> <p>30 MINUTE MACHINE CIRCUIT 5:30pm Theresa</p>	<p>SPIN FUSION 9:15am Alison</p> <p>30 MINUTE MACHINE CIRCUIT 10:30am Theresa</p>	<p>CYCLING 5:30am Lynn</p> <p>TOTAL BODY STRENGTH 8:15am Nicole</p> <p>HIIT CIRCUIT 9:05am Tricia</p>	<p>20/20/20 8:30am Tricia</p>	