



ANYTIME FITNESS®

GROUP FITNESS

SUN	MON	TUES	WED	THURS	FRI	SAT
Bodyattack 8:30AM- 9:30AM Cordula	Cycle 5:00AM - 6:00AM Tod	Bodyflow 6:00AM- 7:00AM Melissa	Bodypump 6:00AM- 7:00AM Melissa	Bodyflow 6:00AM- 7:00AM Cordula	Bodypump 6:00AM- 7:00AM Cordula	Bodypump 8:30AM- 9:30AM Joyce
	Bodypump 6:00AM - 7:00AM Melissa	Bodycombat 8:30AM- 9:30AM Melissa	Bodyattack 8:30AM - 9:30AM Melissa	Bodycombat 8:30AM - 9:30AM Joyce	Bodyattack 8:30AM - 9:30AM Karen	Bodystep 9:30AM- 10:30AM Kelly
	Bodystep 8:30AM - 9:30AM Melissa	Bodyflow 9:30AM- 10:30AM Melissa	Bodypump 9:30AM- 10:30AM Joyce	Bodyflow 9:30AM - 10:30AM Cordula	Bodypump 9:30AM - 10:30AM Kelly	Cycle 9:30AM- 10:30AM Joyce
	Bodypump 9:30AM - 10:30AM Joyce	20-20-20 10:45AM- 11:45AM Monica	Zumba 11:30AM- 12:30PM Rubby	20-20-20 10:45AM - 11:45AM Monica	Zumba 11:30AM - 12:30PM	
		Cycle 5:30PM - 6:30PM Karen				
	Bodycombat 5:30PM - 6:30PM Cordula	Bodypump 5:30PM - 6:30PM Cordula	Bodystep 5:30PM - 6:30PM Melissa	Bodypump 5:30PM - 6:30PM Karen		