

# Group X Schedule (Class descriptions on back)

	Monday		Tuesday		Wednesday		Thursday		Friday	
	CLASS	TEACHER	CLASS	TEACHER	CLASS	TEACHER	CLASS	TEACHER	CLASS	TEACHER
<b>6:00</b>	Rise & Burn	Whitney			Rise & Burn	Whitney			Rise & Burn	Whitney
<b>7:00</b>	Summer Spin	Challie					Summer Spin	Challie		
<b>8:00</b>			Fusion	Kristin			Fusion	Kristin		
<b>8:30</b>			Silver Sneakers: Stability (8:30-9:00)	Thomas			Silver Sneakers: Stability (8:30-9:00)	Thomas		
<b>10:00</b>	Silver Sneakers: Stability (10-10:45)	Thomas			Silver Sneakers: Stability (10-10:45)	Thomas			Silver Sneakers: Stability (10-10:45)	Thomas
<b>11:00</b>										
<b>12:00</b>	Shock	Adam	Shock	Adam	Shock	Adam	Shock	Adam	Shock	Adam
<b>1:00</b>	Shock (12:45-1:15)	Adam	Shock (12:45-1:15)	Adam	Cardio-Burn (12:45-1:15)	Toni	Shock (12:45-1:15)	Adam	Shock (12:45-1:15)	Adam
<b>2:00</b>										
<b>3:00</b>										
<b>4:00</b>										
<b>5:00</b>			Core (5:15-5:45)	Roxi			Burn (5:15-5:45)	Roxi		