



West / NE Group Fitness Schedule

2017

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | WEEKEND |
|----------------|--|--|--|--|--|--|
| RESLER | 5:00 AM Cycling 7:00 AM Vinyasa Yoga 8:30 AM CORE 9:00 AM Cycling 9:00 AM BOOTCAMP 10:00 AM Fitness Yoga 11:00 AM Buti Yoga 5:30 PM Cycling 5:30 PM ZUMBA® 6:30 PM Cycling 6:30 PM Bootcamp 7:30 PM Cardio Kick 8:30 PM ZUMBA® | 5:00 AM Cycling 7:00 AM Vinyasa Yoga 8:30 AM CORE 9:00 AM Cardio Sculpt 9:00 AM Cycling 10:00 AM ZUMBA®/Dance 4:45 PM Buti Yoga 5:30 PM Cycling 6:00 PM Adv Fitness Step 7:00 PM ZUMBA®/Toning 7:00 PM Cycling 8:00 PM Fitness Yoga | 5:00 AM Cycling 7:00 AM Vinyasa Yoga 8:30 AM CORE 9:00 AM Cycling 9:00 AM Body Sculpt 10:00 AM Fitness Yoga 5:00 PM CORE 5:30 PM ZUMBA® 5:30 PM Cycling 6:30 PM Body Sculpt 6:30 PM Cycling 7:30 PM Zumba® | 5:00 AM Cycling 7:00 AM Vinyasa Yoga 8:30 AM CORE 9:00 AM Cycling 9:00 AM BOOTCAMP 10:00 AM ZUMBA®/Dance 5:30 PM Cycling 6:00 PM Circuit Training 7:00 PM Cycling 7:00 PM ZUMBA®/Toning 8:00 PM Fitness Yoga | 5:00 AM Cycling 8:30 AM CORE 9:00 AM Cycling 9:00 AM Cardio Sculpt 10:00 AM Fitness Yoga 5:00 PM Buti Yoga 5:30 PM Cycling 6:00 PM ZUMBA® | Saturday 8:30 AM CORE 9:00 AM Body Sculpt 9:00 AM Cycling 10:00 AM Circuit Training 10:30 AM Cycling 11:00 AM ZUMBA®/Dance 12:00 PM Fitness Yoga Sunday 9:30 AM Cycling 9:30 AM Mat Pilates 10:30 AM ZUMBA®/Toning 11:30 AM CORE 12:00 PM Cardio Kick |
| WEST - PARAGON | 5:00 AM Cycling 5:00 AM Cardio Sculpt 9:00 AM CORE/Powercut 9:30 AM Cycling 10:30 AM FitnessYoga 11:30 AM Bootcamp 5:00 PM CORE/Powercut 6:00 PM Cycling 6:30 PM Pilates/Yoga 7:30 PM ZUMBA®/Dance | 5:00 AM Cycling 5:00 AM Bootcamp 8:30 AM CORE/Powercut 9:30 AM Cycling 10:00 AM Fitness Yoga 11:00 AM ZUMBA®/Dance 5:30 PM Circuit Training 6:00 PM Cycling 6:30 PM ZUMBA®/Dance 7:30 PM Pilates Sculpt | 5:00 AM Cycling 5:00 AM Cardio Sculpt 8:30 AM CORE/Cardio Sculpt 9:30 AM Cycling 10:00 AM ZUMBA®/Dance 11:00 AM Pilates/Yoga 5:30 PM CORE/ Powercut 6:00 PM Cycling 7:00 PM ZUMBA®/Dance | 5:00 AM Cycling 5:00 AM Bootcamp 8:30 AM CORE/Cardio Sculpt 9:30 AM Cycling 10:00 AM Pilates/Yoga 11:00 AM ZUMBA®/Dance 5:30 PM Cardio Fitness 6:00 PM Cycling 6:30 PM ZUMBA®/Dance 7:30 PM Pilates Sculpt | 5:00 AM Cycling 9:00 AM CORE/Powercut 9:30 AM Cycling 10:30 AM Fitness Yoga 11:30 AM ZUMBA®/Dance 5:30 PM Boot Camp 6:30 PM Fitness Yoga | Saturday 8:30 AM Cardio Kick 9:30 AM ZUMBA®/Dance 9:00 AM Cycling 10:30 AM CORE/Body Sculpt Sunday 10:00 AM CORE/Bootcamp 11:30 AM ZUMBA®/Dance 12:00 PM Cycling 12:30 PM Fitness Yoga |
| NORTHEAST | 8:30 AM CORE 9:00 AM Fitness Step 9:30 AM Cycling 10:00 AM Fitness Yoga 11:00 AM ZUMBA®/Dance 5:00 PM CORE 5:30 PM Cardio Kick 6:00 PM Cycling 6:30 PM Cardio Sculpt 7:15 PM Cycling 7:30 PM Pilates 8:30 PM ZUMBA®/Dance | 5:00 AM Cycling 8:30 AM CORE 9:00 AM ZUMBA®/Dance 10:00 AM Body Sculpt 11:00 AM ZUMBA®/Dance 5:00 PM CORE 5:30 PM Cardio Sculpt 6:00 PM Cycling 6:30 PM ZUMBA®/Dance 7:15 PM Cycling 7:30 PM Fitness Yoga 8:30 PM ZUMBA®/Dance | 8:30 AM CORE 9:00 AM Cardio Kick 9:30 AM Cycling 10:00 AM Power Pilates 11:00 AM ZUMBA®/Dance 5:00 PM CORE 5:30 PM Cardio Sculpt 6:00 PM Cycling 6:30 PM ZUMBA®/Dance 7:15 PM Cycling 7:30 PM Bootcamp 8:30 PM ZUMBA®/Dance | 5:00 AM Cycling 8:30 AM CORE 9:00 AM Fitness Step 10:00 AM Fitness Yoga 11:00 AM ZUMBA®/Dance 5:30 PM ZUMBA®/Dance 6:00 PM Cycling 6:30 PM Cardio Kick 7:30 PM Fitness Yoga 8:30 PM ZUMBA®/Dance | 5:00 AM Cycling 8:30 AM CORE 9:00 AM ZUMBA®/Dance 9:30 AM Cycling 10:00 AM Body Sculpt 5:30 PM Body Sculpt 6:30 PM ZUMBA®/Dance | Saturday 8:30 AM Cycling 8:30 AM CORE 9:00 AM HIIT CIRCUIT 10:00 AM Performance Pilates Sunday 11:00 AM ZUMBA®/Dance 1:00 PM Fitness Yoga |



Eastside Group Fitness Schedule



2017

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | WEEKEND |
|--------------------|---|---|--|---|--|---|
| LEE TREVINO | 5:00 AM Cycling 8:00 AM Cardio Sculpt 8:00 AM Cycling 9:00 AM Cardio Dance 9:30 AM Cycling 10:00 AM CORE 10:30 AM Fitness Yoga 4:30 PM Mixed Fit 5:00 PM Cycling 5:30 PM Cardio Sculpt 6:00 PM Cycling 6:30 PM ZUMBA®/Dance 7:00 PM Cycling 7:30 PM Bootcamp 8:30 PM ZUMBA®/Dance | 5:00 AM Cycling 6:00 AM Bootcamp 8:00 AM ZUMBA®/Dance 9:00 AM Cardio Sculpt 9:30 AM Cycling 10:00 AM CORE 10:30 AM Forever Fit 4:30 PM Cardio Dance 5:00 PM Cycling 5:30 PM Mixed Fit 6:00 PM Cycling 6:30 PM Bootcamp 7:00 PM Cycling 7:30 PM YOGA 8:30 PM ZUMBA®/Dance | 5:00 AM Cycling 8:00 AM ZUMBA®/Dance 8:00 AM Cycling 9:00 AM Cardio Sculpt 9:30 AM Cycling 10:00 AM CORE 10:30 AM Fitness Yoga 4:30 PM ZUMBA®/Dance 5:00 PM Cycling 5:30 PM ZUMBA®/Step 6:00 PM Cycling 6:30 PM ZUMBA®/Dance 7:00 PM Cycling 7:30 PM Bootcamp 8:30 PM ZUMBA®/Dance | 5:00 AM Cycling 6:00 AM Bootcamp 8:00 AM Cardio Sculpt 9:00 AM ZUMBA®/Dance 9:30 AM Cycling 10:00 AM CORE 10:30 AM Yoga/Pilates 4:30 PM ZUMBA®/Dance 5:00 PM Cycling 5:30 PM ZUMBA®/Step 6:00 PM Cycling 6:30 PM ZUMBA®/Dance 7:00 PM Cycling 7:30 PM Body Sculpt 8:30 PM Heels Class | 5:00 AM Cycling 8:00 AM Cardio Sculpt 8:00 AM Cycling 9:00 AM ZUMBA®/Dance 9:30 AM Cycling 10:00 AM CORE 10:30 AM Mixed Fit 5:30 PM Cardio Dance 6:00 PM Cycling | Saturday 8:00 AM ZUMBA®/Dance 9:00 AM Cycling 9:00 AM Bootcamp 10:00 AM CORE 10:30 AM Fitness Yoga 10:30 AM Cycling Sunday 10:00 AM Fitness Yoga 11:30 AM ZUMBA®/Dance 12:00 PM Cycling |
| | MONTWOOD | 5:00 AM Cycling 6:00 AM Cardio Sculpt 8:00 AM CORE 8:30 AM Bootcamp 9:00 AM Cycling 9:30 AM Cardio Dance 10:30 AM Cardio Sculpt 12:00 PM Fitness Yoga 4:00 PM ZUMBA®/Dance 4:30 PM Youth Karate 5:00 PM CORE 5:30 PM Body Sculpt 5:30 PM Karate 6:00 PM Cycling 6:30 PM ZUMBA®/Dance 7:00 PM Cycling 7:30 PM Fitness Yoga 8:30 PM ZUMBA®/Dance | 5:00 AM CardioSculpt 8:30AM Power Pilates 9:00 AM Cycling 9:30 AM Cardio Kick 10:30 AM Fitness Yoga 11:30 AM ZUMBA®/Dance 4:30 PM Youth Karate 5:00 PM CORE 5:30 PM Cardio Kick 5:30 PM Karate 6:00 PM Cycling 6:30 PM Fitness Step 7:30 PM ZUMBA®/Dance 8:30 PM FitnessYoga | 5:00 AM Cycling 8:15 AM Fitness Yoga 9:00 AM Cycling 9:30 AM Cardio Dance 11:00 AM ZUMBA®/Dance 12:00 PM Fitness Yoga 4:00 PM ZUMBA®/Dance 4:30 PM Youth Karate 5:00 PM CORE 5:30 PM Boot Camp 5:30 PM Body Sculpt 5:30 PM Karate 6:00 PM Cycling 6:30 PM Cardio Sculpt 7:00 PM Cycling 7:30 PM ZUMBA®/Dance | 5:00 AM Cardio Sculpt 8:00 AM Legs Workout 8:30 AM Body Sculpt 9:00 AM Cycling 9:30 AM Cardio Kick 10:30 AM Fitness Yoga 11:30 AM ZUMBA®/Dance 4:30 PM Youth Karate 5:00 PM CORE 5:30 PM Cardio Sculpt 5:30 PM Karate 6:00 PM Cycling 6:30 PM Bootcamp 7:30 PM Fitness Yoga 8:30 PM ZUMBA®/Dance | 5:00 AM Cycling 8:00 AM CORE 8:30 AM Bootcamp 9:00 AM Cycling 9:30 AM ZUMBA®/Dance 10:30 AM Fitness Yoga 11:30 AM ZUMBA®/Dance 4:30 PM Youth Karate 5:30 PM ZUMBA®/Dance 5:30 PM Karate 6:00 PM Cycling |



Cross Training and MMA Fitness Schedule



2017

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | WEEKEND |
|----------------|--|---|--|--|---|--|
| WEST - PARAGON | Cross Training 5:00 AM Cross Train 6:00 AM Cross Train 8:00 AM Cross Train 9:00 AM Cross Train 5:00 PM Cross Train 6:00 PM Cross Train 7:00 PM Cross Train | Cross Training 5:00 AM Cross Train 6:00 AM Cross Train 8:00 AM Cross Train 9:00 AM Cross Train 5:00 PM Cross Train 6:00 PM Cross Train 7:00 PM Cross Train | Cross Training 5:00 AM Cross Train 6:00 AM Cross Train 8:00 AM Cross Train 9:00 AM Cross Train 5:00 PM Cross Train 6:00 PM Cross Train 7:00 PM Cross Train | Cross Training 5:00 AM Cross Train 6:00 AM Cross Train 8:00 AM Cross Train 9:00 AM Cross Train 5:00 PM Cross Train 6:00 PM Cross Train 7:00 PM Cross Train | Cross Training 5:00 AM Cross Train 6:00 AM Cross Train 8:00 AM Cross Train 9:00 AM Cross Train 5:00 PM Cross Train 6:00 PM Cross Train | Saturday 10:00 AM Cross Train Sunday No Cross Train |
| LEE TREVINO | Cross Training 5:00 AM Cross Train 6:00 AM Cross Train 7:00 AM Cross Train 8:00 AM Cross Train 9:00 AM Cross Train 4:00 PM Cross Train 5:00 PM Cross Train 6:00 PM Cross Train 7:00 PM Cross Train 8:00 PM Cross Train MMA 8:00 AM MMA 9:00 AM MMA 4:30 PM MMA 6:00 PM MMA 7:15 PM MMA | Cross Training 5:00 AM Cross Train 6:00 AM Cross Train 7:00 AM Cross Train 8:00 AM Cross Train 9:00 AM Cross Train 4:00 PM Cross Train 5:00 PM Cross Train 6:00 PM Cross Train 7:00 PM Cross Train 8:00 PM Cross Train MMA 8:00 AM MMA 9:00 AM MMA 4:30 PM MMA 7:15 PM MMA | Cross Training 5:00 AM Cross Train 6:00 AM Cross Train 7:00 AM Cross Train 8:00 AM Cross Train 9:00 AM Cross Train 4:00 PM Cross Train 5:00 PM Cross Train 6:00 PM Cross Train 7:00 PM Cross Train 8:00 PM Cross Train MMA 8:00 AM MMA 4:30 PM MMA 7:15 PM MMA | Cross Training 5:00 AM Cross Train 6:00 AM Cross Train 7:00 AM Cross Train 8:00 AM Cross Train 9:00 AM Cross Train 4:00 PM Cross Train 5:00 PM Cross Train 6:00 PM Cross Train MMA 8:00 AM MMA 9:00 AM MMA 4:30 PM MMA 6:00 PM MMA 7:15 PM | Saturday Cross Training 8:00 AM Cross Train 9:00 AM Cross Train Saturday MMA/YOUTH MMA 9:00 AM MMA 10:00 AM MMA 10:00 AM YOUTH MMA Sunday No Cross Train 10:00 AM YOUTH MMA | |