



# West / NE Group Fitness Schedule

2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
RESLER	5:00 AM Spinning® 7:00 AM Vinyasa Yoga 8:30 AM Core/Bootcamp 9:00 AM Spinning® 10:00 AM Fitness Yoga 5:30 PM Spinning® 5:30 PM Zumba® 6:30 PM Spinning® 6:30 PM Bootcamp 7:30 PM Cardio Kick 8:30 PM Zumba®	5:00 AM Spinning® 7:00 AM Vinyasa Yoga 8:30 AM Core/Cardio Sculpt 9:00 AM Spinning® 10:00 AM Zumba®/Dance 5:30 PM Spinning® 6:00 PM Adv Fitness Step 7:00 PM Zumba®/Toning 7:00 PM Spinning® 8:00 PM Fitness Yoga	5:00 AM Spinning® 7:00 AM Vinyasa Yoga 9:00 AM Spinning® 10:00 AM Hatha Yoga 5:00 PM CORE 5:30 PM Zumba® 5:30 PM Spinning® 6:30 PM Bootcamp 6:30 PM Spinning® 7:30 PM Zumba®	5:00 AM Spinning® 7:00 AM Vinyasa Yoga 8:30 AM Core/Bootcamp 9:00 AM Spinning® 10:00 AM Zumba®/Dance 5:30 PM Spinning® 6:00 PM Circuit Training 7:00 PM Spinning® 7:00 PM Zumba®/Toning 8:00 PM Fitness Yoga	5:00 AM Spinning® 7:00 AM Vinyasa Yoga 8:30 AM Core/Cardio Sculpt 9:00 AM Spinning® 10:00 AM Fitness Yoga 5:00 PM Hatha Yoga 5:30 PM Spinning®	<b>Saturday</b> 8:30 AM Core/H.I.I.T. 9:00 AM Spinning® 10:00 AM Yogalates 10:30 AM Spinning® 11:00 AM Zumba® 12:00 PM Yoga  <b>Sunday</b> 9:30 AM Spinning® 9:30 AM Mat Pilates 10:30 AM Zumba®/Toning 11:30 AM Core/Cardio Kick
WEST - PARAGON	5:00 AM Spinning® 9:00 AM Core/PowerCut 9:30 AM Spinning® 10:30 AM Fitness Yoga 11:30 AM Zumba® 5:00 PM Core/PowerCut 6:00 PM Spinning® 6:30 PM Pilates/Yoga 7:30 PM Zumba®/Dance	5:00 AM Spinning® 5:00 AM Bootcamp 8:30 AM Core/PowerCut 9:30 AM Spinning® 10:00 AM Fitness Yoga 11:00 AM Zumba®/Dance 5:30 PM Circuit Training 6:00 PM Spinning® 6:30 PM Zumba®/Dance 7:30 PM Pilates Sculpt	5:00 AM Spinning® 8:30 AM Core/CardioSculpt 9:30 AM Spinning® 10:00 AM Zumba®/Dance 11:00 AM Pilates/Yoga 5:30 PM Core/PowerCut 6:00 PM Spinning® 7:00 PM Zumba®/Dance	5:00 AM Spinning® 5:00 AM Bootcamp 8:30 AM Core/CardioSculpt 9:30 AM Spinning® 10:00 AM Pilates/Yoga 11:00 AM Zumba® 5:30 PM Cardio Fitness 6:00 PM Spinning® 6:30 PM Zumba®/Dance 7:30 PM Pilates Sculpt	9:00 AM Core/PowerCut 9:30 AM Spinning® 10:30 AM Fitness Yoga 11:30 AM Zumba®/Dance 5:30 PM Boot Camp 6:30 PM Zumba®	<b>Saturday</b> 8:30 AM Cardio Kick 9:00 AM Spinning® 9:30 AM Zumba®/Dance 10:30 AM Core/Sculpt  <b>Sunday</b> 10:00 AM Core/BootCamp 11:30 AM Zumba®/Dance 12:00 PM Spinning® 12:30 PM Fitness Yoga
NORTHEAST	9:00 AM Fitness Step 9:30 AM Spinning® 10:00 AM Fitness Yoga 11:00 AM Zumba®/Dance 5:30 PM Cardio Kick 6:00 PM Spinning® 6:30 PM Cardio Sculpt 7:15 PM Spinning® 7:30 PM Pilates 8:30 PM Zumba®/Dance	5:00 AM Spinning® 9:00 AM Zumba®/Dance 10:00 AM Body Sculpt 11:00 AM Zumba®/Dance 5:30 PM Cardio Sculpt 6:00 PM Spinning® 6:30 PM Bootcamp 7:15 PM Spinning® 7:30 PM Zumba®/Dance	9:00 AM Cardio Kick 9:30 AM Spinning® 10:00 AM Power Pilates 11:00 AM Zumba®/Dance 5:30 PM Zumba®/Dance 6:00 PM Spinning® 6:30 PM Cardio Sculpt 7:15 PM Spinning® 7:30 PM Bootcamp 8:30 PM Zumba®/Dance	9:00 AM Fitness Step 10:00 AM Fitness Yoga 11:00 AM Zumba®/Dance 5:30 PM Zumba®/Dance 6:00 PM Spinning® 6:30 PM Cardio Kick 7:30 PM Fitness Yoga	9:00 AM Zumba®/Dance 9:30 AM Spinning® 10:00 AM Body Sculpt 5:30 PM Zumba® /Dance	<b>Saturday</b> 8:30 AM Spinning® 9:00 AM Zumba®/Toning 10:00 AM Pilates  <b>Sunday</b> 11:00 AM Zumba®/Dance 1:00 PM Fitness Yoga



# Eastside Group Fitness Schedule



2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
LEE TREVINO	5:00 AM Spinning® 8:00 AM Cardio Sculpt 8:00 AM Spinning® 9:00 AM Cardio Dance 9:00 AM Spinning® 10:30 AM Fitness Yoga 4:30 PM Mixxed Fit 5:30 PM Spinning® 5:30 PM Cardio Sculpt 6:30 PM Zumba®/Dance 6:30 PM Spinning® 7:30 PM Bootcamp 8:30 PM Zumba®/Dance	5:00 AM Body Sculpt 8:00 AM Zumba®/Dance 9:00 AM Cardio Sculpt 9:00 AM Spinning® 10:30 AM Forever Fit 4:30 PM Zumba®/Dance 5:30 PM Mixxed Fit 5:30 PM Spinning® 6:30 PM Spinning® 6:30 PM Bootcamp 7:30 PM Kickboxing 8:30 PM Zumba®/Dance	5:00 AM Spinning® 8:00 AM Zumba®/Dance 8:00 AM Spinning® 9:00 AM Cardio Sculpt 9:00 AM Spinning® 10:30 AM Fitness Yoga 4:30 PM Mixxed Fit 5:30 PM Spinning® 5:30 PM Zumba®/Step 6:30 PM Spinning® 6:30 PM Zumba®/Dance 7:30 PM Bootcamp 8:30 PM Zumba®/Dance	5:00 AM Body Sculpt 8:00 AM Spinning® 8:00 AM Cardio Sculpt 9:00 AM Zumba®/Dance 9:00 AM Spinning® 10:30 AM Yoga/Pilates 4:30 PM Zumba®/Dance 5:30 PM Spinning® 5:30 PM Zumba®/Step 6:30 PM Spinning® 6:30 PM Zumba®/Dance 7:30 PM Body Sculpt 8:30 PM Zumba®/Dance	5:00 AM Spinning® 8:00 AM Cardio Sculpt 9:00 AM Zumba®/Dance 9:00 AM Spinning® 10:30 AM Cardio Dance 5:00 PM Strong by Zumba® 6:00 PM Spinning®	<b>Saturday</b> 8:00 AM Zumba®/Dance 9:00 AM Spinning® 9:00 AM Bootcamp 10:30 AM Fitness Yoga  <b>Sunday</b> 10:00 AM Fitness Yoga 11:30 AM Zumba®/Dance 12:00 PM Spinning®
MONTWOOD	5:00 AM Spinning® 8:00 AM Core/Bootcamp 9:00 AM Spinning® 9:30 AM Zumba®/Dance 12:00 PM Fitness Yoga 5:30 PM Body Sculpt 5:45 PM Karate 6:00 PM Spinning® 6:30 PM Zumba®/Dance 7:00 PM Spinning® 7:30 PM Zumba®/Dance	5:00 AM Cardio Sculpt 8:30 AM Power Pilates 9:00 AM Spinning® 9:30 AM Cardio Kick 10:30 AM Fitness Yoga 11:30 AM Zumba®/Dance 5:30 PM Strong by Zumba® 5:45 PM Karate 6:00 PM Spinning® 6:30 PM Fitness Step 7:30 PM Zumba®/Dance 8:30 PM FitnessYoga	5:00 AM Spinning® 8:15 AM Fitness Yoga 9:00 AM Spinning® 9:30 AM Cardio Dance 11:00 AM Zumba®/Dance 12:00 PM Fitness Yoga 4:00 PM Zumba®/Dance 5:30 PM Boot Camp 5:45 PM Karate 6:00 PM Spinning® 6:30 PM Cardio Sculpt 7:30 PM Zumba®/Dance	5:00 AM Cardio Sculpt 8:00 AM Legs Workout 8:30 AM Cardio Sculpt 9:00 AM Spinning® 9:30 AM Cardio Kick 10:30 AM Fitness Yoga 11:30 AM Zumba®/Dance 5:30 PM Cardio Sculpt 5:45 PM Karate 6:00 PM Spinning® 6:30 PM Zumba®/Dance 7:30 PM Fitness Yoga	5:00 AM Spinning® 8:00 AM Core/Bootcamp 9:00 AM Spinning® 9:30 AM Zumba®/Dance 10:30 AM Fitness Yoga 5:30 PM Zumba®/Dance 5:45 PM Karate 6:00 PM Spinning®	<b>Saturday</b> 8:30 AM Bootcamp 9:00 AM Spinning® 9:30 AM Cardio Dance  1:00 PM Fitness Yoga  <b>Sunday</b> 10:00 AM Bootcamp 11:00 AM Zumba®/Dance 12:00 PM Fitness Yoga



# Cross Training and MMA Fitness Schedule

2018

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