

# GROUP FITNESS SCHEDULE



# Ashland

Effective Jan. 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>BODYPUMP</b> 5:30am-6:30am Gina		<b>CROSS TRAINING</b> 5:30am-6:30am Shelly	<b>STEP</b> 5:30am-6:30am Joanie	<b>NEW CLASS</b> →	<b>BODYCOMBAT</b> 8:00AM- 9:00AM Carla
<b>BODYPUMP™</b> 9:00am-10:00am Karen		<b>BODYPUMP™</b> 9:00am-10:00am Denise		<b>BODYPUMP EXPRESS</b> 9:00am-9:30am Kerin	<b>BODYPUMP™</b> 8:30am-9:30am Karen	<b>YOGALATES</b> 9:00am-10:00am Nicole
<b>ZUMBA</b> 10:00am-11:00am Jopeng	<b>BODYCOMBAT™</b> 9:30am-10:30am Kerin	<b>Total Body Tabata</b> 10:00am-11:00am Denise	<b>BODYCOMBAT</b> 9:30am-10:30am Denise	<b>Drenched</b> 9:30am-10:00am Kerin	<b>ZUMBA</b> 9:35am-10:30am Carolyn	<b>Bodypump</b> 10:00am-11:00am Kerin
	<b>Power Yoga</b> 10:30-11:30am Joe	← <b>NEW TIME</b>	<b>YOGA</b> 10:30am-11:30am Joe		<b>Power Yoga</b> 10:40am-11:45am Drew	
<b>BODYPUMP™</b> 6:00PM- 7:00PM Mike	<b>ZUMBA</b> 6:00pm-7:00pm Nicole	<b>BODYPUMP™</b> 6:00pm-7:00pm Kerin	<b>PiYo</b> 6:00pm-7:00pm Jenn	← <b>NEW CLASS</b>	<b>GYM HOURS</b> <u>MONDAY - THURSDAY</u> 5 AM TO 10 PM <u>FRIDAY</u> 5 AM TO 9 PM <u>SATURDAY &amp; SUNDAY</u> 7 AM TO 7 PM <u>Babysitting</u> Sunday-Friday 9:00am-11:30am Saturday 9:00am-12:00pm	
<b>Pilates</b> 7:00Pm-8:00PM Joni	<b>YOGALATES</b> 7:00pm-8:00pm Nicole	<b>BODYCOMBAT</b> <b>45 min. format</b> 7:00pm-745pm Kerin				
	<b>Kyokushin Karate</b> 8:00pm-9:30pm Gennadiy/Joe		<b>Kyokushin Karate</b> 8:00pm-9:30pm Gennadiy/Joe			