



GROUP FIT

SUMMER 2016

June 6-August 12



Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:15 am	Cu cycling: Rachel				
12:05-12:50 pm	Cu cycling: Brittany		Cu cycling: Brittany		Cu cycling: Brittany
5:15-6:15 pm	Body pump: Melissa	HIIT: Joe	Body pump: Melissa	HIIT: Joe	
6:20-7:20pm	Vinyasa: Rachel	Body pump: Precy	Vinyasa: Rachel	Body pump: Precy	

*No classes will be held July 4