



GROUP FITNESS SCHEDULE

Octoberber 2018



Staff/Guest Hours.

Monday-Friday
7am -8pm
Saturday & Sunday
8am-2pm

Kidz Club Hours

Monday-Saturday
8:30am-12pm
Mon.Wed.Thur.
4:30pm-8pm
Tue.
4:30-8:30

Friday Kidz club 4:30-7pm

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:45am	LES MILLS RPM Maria		LES MILLS RPM Hope		LES MILLS RPM Maria		
8:30am	8:15am Elite Senior		8:15am Elite Senior		8:15am Elite Senior	LES MILLS BODYFLOW Meghanr	LES MILLS BODYPUMP Erika
9:30am	LES MILLS BODYPUMP Monika LES MILLS RPM Hope	LES MILLS BODYCOMBAT Danielle	LES MILLS BODYPUMP Haven LES MILLS RPM Danielle	LES MILLS BODYATTACK Hope	LES MILLS BODYPUMP Meghan	LES MILLS RPM Danielle LES MILLS BODYPUMP Meghan	LES MILLS BODYCOMBAT Peeke/Reggie
10:30am		LES MILLS BODYFLOW Margaret		YOGA FLOW Angie	 Danielle	 John Williams	
11:30am							
4:30pm	LES MILLS 4:45pm barre Brooke		LES MILLS tone Carol	Body Step Cancelled til we can find a replacement	LES MILLS BODYSTEP LES MILLS BODYATTACK Hope	October Events October 29th Halloween Party Special Group Fitness Schedule more info like us on facebook www.facebook.com/fit360fl www.fit360fl.com	
5:30pm	LES MILLS BODYPUMP Erika LES MILLS RPM Sean	LES MILLS BODYSTEP Hope	LES MILLS BODYFLOW Meghan/Margaret	LES MILLS BODYPUMP Monika			
6:30pm	LES MILLS BODYCOMBAT Peeke/Reggie	6pm 360 cycle Angie 360 BOSU Carol	LES MILLS RPM Hope LES MILLS BODYPUMP Team Peeke	LES MILLS BODYCOMBAT Team Peeke			
7:30pm		 Shailja					