

RockStar Fitness Club Class Schedule

Please sign up at Front Desk or message us on Facebook to Reserve your Spot!

| Time | <u>July 13</u> Monday | <u>July 14</u> Tuesday | <u>July 15</u> Wednesday | <u>July 16</u> Thursday | <u>July 17</u> Friday | <u>July 18</u> Saturday |
|----------------|--|--|--|---|--|--------------------------------------|
| 8:00AM | HIIT 45 Min. Joshua | HIIT 45 Min. Griselda | Core/Strength 45 Min. Jaymie | Cardio/ Strength 1 hour Griselda | Weights 45 Min. Pam | |
| 8:30AM | | | | | | |
| 9:00AM | | | | Pilates/Stretch 1 hour Griselda | | Zumba 1 Hour Clarissa |
| 10:00AM | Young at Heart: 1 Hour Joshua | | Young at Heart: 1 Hour Jaymie | | Young at Heart: 1 Hour Jaymie | |
| 10:45AM | | Young at Heart: 1 Hour Leon | | Young at Heart: 1 Hour Leon | | |
| 12:00PM | | | | | | |