

FITNESS 360

GROUP CLASS SCHEDULE



Mon

Tue

Wed

Thu

Fri



Kickboxing Bootcamp
AC
5AM-9AM
AEROBICS ROOM

Kickboxing Bootcamp
AC
5AM-9AM
AEROBICS ROOM

Kickboxing Bootcamp
AC
5AM-9AM
AEROBICS ROOM

Kickboxing Bootcamp
AC
5AM-9AM
AEROBICS ROOM



Dollstar Dance & Fitness
Tina
8:30AM-9:15AM
UPSTAIRS

Dollstar Dance & Fitness
Tina
8:30AM-9:15AM
UPSTAIRS



Core Toning
Tina
9:15AM-10:00AM
UPSTAIRS

Upper body Toning
Tina
9:15AM-10:00AM
UPSTAIRS



Zumba
Gloria
8AM-9AM
UPSTAIRS

Zumba
Gloria
8AM-9AM
UPSTAIRS



Be Forever Fit
Linda
9AM-10AM
AEROBICS ROOM

Be Forever Fit
Linda
9AM-10AM
AEROBICS ROOM

Be Forever Fit
Linda
9AM-10AM
AEROBICS ROOM



Silver Sneakers
Linda
10AM-10:45AM
AEROBICS ROOM

Silver Sneakers
Linda
10AM-10:45AM
AEROBICS ROOM



Fit Over 50
Linda
10AM-10:45AM
AEROBICS ROOM

Fit Over 50
Linda
10AM-10:45AM
AEROBICS ROOM

Fit Over 50
Linda
10AM-10:45AM
AEROBICS ROOM



Spin Cycle
Patricia
5:30PM-6:30PM
ROOM 2

Spin Cycle
Patricia
5:30PM-6:30PM
ROOM 2



KC's Bootcamp
Kasey
6:15PM-7PM
CROSSFIT ROOM

KC's Bootcamp
Kasey
6:15PM-7PM
CROSSFIT ROOM