



## Eastmont Group Class Schedule December 2018

| GROUP FITNESS STUDIO |                                 |                            |                                  |                               |                                  |         |                              |
|----------------------|---------------------------------|----------------------------|----------------------------------|-------------------------------|----------------------------------|---------|------------------------------|
|                      | MONDAY                          | TUESDAY                    | WEDNESDAY                        | THURSDAY                      | FRIDAY                           |         | SATURDAY                     |
| 5:10 AM              | <b>Body Combat</b><br>Kelsey    | <b>Body Pump</b><br>Kati   | <b>Body Combat</b><br>Delcie     | <b>Body Pump</b><br>Kati      | <b>Body Step</b><br>Julie        | 7:15 AM | <b>Body Combat</b><br>Kelsey |
| 8:30 AM              | <b>Body Pump</b><br>Monique     | <b>Body Step</b><br>Angela | <b>Body Pump</b><br>Monique      | <b>Cardio Combo</b><br>Syrina | <b>J9 Cardio Dance</b><br>Janine | 8:30 AM | <b>Body Pump</b><br>Syrina   |
| 9:45 AM              | <b>Dance Beatz</b><br>Elisa     |                            |                                  |                               | <b>Body Pump</b><br>Tina         |         |                              |
| 10:00 AM             |                                 | <b>Zumba Gold</b><br>Sen   |                                  | <b>Zumba Gold</b><br>Sen      |                                  |         |                              |
| 4:15 PM              | <b>Barre</b><br>Kathleen        |                            | <b>J-9 Cardio Dance</b><br>Elisa |                               |                                  |         |                              |
| 5:30 PM              | <b>Body Pump</b><br>Syrina      | <b>Chisel</b><br>Jenn      | <b>Body Pump</b><br>Kathleen     | <b>Body Combat</b><br>Kelsey  |                                  |         |                              |
| CYCLING STUDIO       |                                 |                            |                                  |                               |                                  |         |                              |
|                      | MONDAY                          | TUESDAY                    | WEDNESDAY                        | THURSDAY                      | FRIDAY                           |         | SATURDAY                     |
| 5:10 AM              | <b>Bike</b><br>Dave             |                            | <b>Bike</b><br>Dave              |                               | <b>Bike</b><br>Dave              |         |                              |
| 9:00 AM              | <b>Own Your Zone</b><br>Colleen |                            | <b>Own Your Zone</b><br>Kati     |                               | <b>Bike Blast (30m)</b><br>Tina  |         |                              |
| 5:30 PM              | <b>Bike</b><br>Cari             |                            | <b>Own Your Zone</b><br>Syrina   |                               |                                  |         |                              |
| EZ LINE              |                                 |                            |                                  |                               |                                  |         |                              |
|                      | MONDAY                          | TUESDAY                    | WEDNESDAY                        | THURSDAY                      | FRIDAY                           |         | SATURDAY                     |
| 8:00 AM              | <b>EZ Line</b><br>Daian         |                            | <b>EZ Line</b><br>Daian          |                               | <b>EZ Line</b><br>Julie          |         |                              |
| 9:00 AM              | <b>EZ Line</b><br>Daian         |                            | <b>EZ Line</b><br>Daian          |                               | <b>EZ Line</b><br>Julie          |         |                              |
| 10:00 AM             | <b>EZ Line</b><br>Daian         |                            | <b>EZ Line</b><br>Daian          |                               | <b>EZ Line</b><br>Julie          |         |                              |