



Wenatchee Group Class Schedule
December 2018

GROUP FITNESS STUDIO									
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY		SUNDAY
8:00 AM	Barre Nancy/Kathleen		Barre Amy	Body Combat Angela	Barre Amy	8:00 AM	Body Pump Kati		
9:00 AM	Body Step Jenn	Body Pump Lisa	Cardio Interval Lisa	Body Pump Jenn	Cardio Interval Lisa	9:15 AM	Body Step Angela	9:00 AM	Combat & Core Angela
10:15 AM	Basic Yoga Kat			Basic Yoga Cassy		10:30 AM	Zumba Anna		
12:00 PM	Zumba Sen	Body Pump Syrina	Body Step Julie	Body Pump Kathleen	Barre Kathleen				
4:15 PM	Body Pump Jenn		Body Pump Jenn						
5:30 PM	Body Combat Delcie		Zumba Anna						
5:45 PM		Body Pump Kathleen		Body Pump Elisa					
7:00 PM	Zumba Anna	Basic Yoga Molly							
CYCLING STUDIO									
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY		SUNDAY
5:10 AM		Bike Shay		Bike Shay					
12:00 PM					Bike Blast (30m) Jenn				
5:00 PM		Bike Blast (30m) Stephanie		Bike Blast (30m) Stephanie					