

FALL 2017 SCHEDULE

This schedule will run from September 5th through December 8th

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 AM	6:30-7:15am Cycle Alyssa	6:30-6:45 Core Ashley/HFP students	6:30-7:15am Cycle Lisa	6:30-6:45 Core Ashley/HFP students	6:30-7:15am Cycle Lisa
		6:45-7:30 am Total Body Training Austin		6:45-7:30 am Total Body Training Austin	
7:00 AM	7:15-7:30 am Core Ashley/HFP students	6:45-7:30 am Cycle Mackenzie	7:15-7:30 am Core Ashley/HFP students	6:45-7:30 am Cycle Mackenzie	7:15-7:30 am Core Ashley/HFP
12:00 PM	12:00-12:45 pm Yoga Amanda	12:00-12:45 pm ZUMBA Jen	12:00-12:45 pm Yoga Amanda	12:00-12:45 pm ZUMBA Jen	1:00-2:00 pm Total Body Training Gillian
1:00 PM	1:00-2:00 pm Total Body Training Gillian		1:00-2:00 pm Total Body Training Gillian		
5:30 PM	5:30-6:30 pm Total Body Training Gillian	5:30-6:15 pm Cycle Erika	5:30-6:30 pm Total Body Training Gillian	5:30-6:15 pm Cycle Erika	
6:00 PM		6:15-6:30 pm Core Gillian		6:15-6:30 pm Core Gillian	

