# FALL 2017 SCHEDULE

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| 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 |
| 7:00 AM | **7:15-7:30 am**  
Total Body Training Austin  
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 students |
| 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 | | |

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