**Fitness Class Schedule**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 5:00 am –  6:00 am |  |  | **5:30**  **Pound**  **Sarah**  **Sm Gym** | **5:30**  **Body Sculpt**  **Analla**  **Sm Gym** | **5:30**  **Pound Sarah**  **Sm Gym** | **5:30**  **Body Sculpt**  **Analla**  **Sm Gym** |  |
| 6:00 am –  7:00 am |  |  |  |  |  |  |  |
| 7:00 am – 8:00 am |  |  |  |  |  |  |  |
| 8:00 am – 9:00 am |  |  |  |  |  |  | **High Fit**  **Rachel**  **Sm Gym** |
| 9:00 am – 10:00 am |  | **Pound Sarah**  **Sm Gym** | **Yoga**  **Melissa**  **Sm Gym** | **Pound Sarah**  **Sm Gym** | **High Fitness Rachel**  **Sm Gym** |  |  |
| 10:00 am – 11:00 am |  | **FitLizzard**  **Boot Camp**  **Sm Gym**  **Senior Fit**  **Lg Gym** |  | **FitLizzard**  **Boot Camp**  **Sm Gym**  **Senior Fit**  **Lg Gym** | **Yoga**  **Melissa**  **Sm Gym** | **FitLizzard**  **Boot Camp**  **Sm Gym**  **Senior Fit**  **Lg Gym** |  |
| 11:00 am – 12:00 am |  |  |  |  |  |  |  |
| 12:00 pm – 1:00 pm |  |  | **Yoga**  **Melissa**  **Sm Gym** |  |  |  |  |
| 1:00 pm – 2:00 pm |  |  |  |  |  |  |  |
| 2:00 pm – 3:00 pm |  |  |  |  |  |  |  |
| 3:00 pm – 4:00 pm |  |  |  |  |  |  |  |
| 4:00 pm – 5:00 pm |  |  | **FitLizzard**  **Boot Camp**  **Sm Gym** |  | **FitLizzard**  **Boot Camp**  **Sm Gym** |  |  |
| 5:00 pm – 6:00 pm |  |  |  | **5:30 High/Low**  **Rachel**  **Sm Gym** |  |  |  |
| 6:00 pm – 7:00 pm |  |  | **Tiger Tone Leanne**  **Murray Rm** |  | **Tiger Tone Leanne**  **Murray Rm** |  |  |