



FitnessWorks Group Fitness Schedule ~ FEBRUARY 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY AM	Ped 'N Shred 5:45 AM Laura L.	~~~~	LES MILLS PUMP ★ 5:45 AM Danielle or Hailey	LES MILLS CXWORX 6:15 AM (30 min) Hailey	LES MILLS PUMP ★ 6:00 AM Danielle or Hailey	LES MILLS PUMP 8:00-8:45 AM ★ 45 min EXPRESS Rotation	~~~~
8:15 AM	ZUMBA Gold Express Fit Jana	Pilates Kristina	BARRE Kristina	Pilates Kristina	<i>Fit For ALL</i> 2 classes with Suze 7:15am (45 min) 8:15am (60 min)	~~~~	~~~~
9:30 AM	LES MILLS PUMP Debbie	LES MILLS COMBAT Danielle	LES MILLS PUMP Danielle	LES MILLS BODYSTEP Debbie & Danielle	9:45 AM HIIT (45 min) Jana	LES MILLS CXWORX 9am-9:30 AM Rotation	9:15 AM Tai Chi 24-Form Jodie
10:45 AM	Core & More Laura L.	ZUMBA Gold Express Fit Jana	ZUMBA Debbie	Hatha Yoga Luna	LES MILLS CXWORX Jeanette or Debbie (30 min)	LES MILLS COMBAT ★ 45 min EXPRESS Jessica or Shelby	10:30 AM Yoga Richard
12:15 PM	<i>Senior Works</i> Jana	12:00 PM Qi Gong Devin	<i>Senior Works</i> Laura L.	~~~~	<i>Senior Works</i> Jana	~~~~	~~~~
1:45 PM	Gentle Yoga Seanna	~~~~	Gentle Yoga Richard	~~~~	Gentle Yoga Laura C.	~~~~	~~~~
LATE DAY	~~~~	4:00 PM Pilates Jana	4:30 PM Circuit Challenge Arian (45 min)	4:00 PM BARRE Christine	4:15 PM Yoga Richard	 REGULAR HOURS Mon-Fri 5:30 AM - 10 PM Saturday 7 AM - 7 PM Sunday 8 AM - 6 PM	
5:15 PM	LES MILLS CXWORX 5:30 PM Hailey (30 min)	LES MILLS PUMP Dani	~~~~	LES MILLS PUMP Dani	~~~~		
6:15 PM	LES MILLS COMBAT Hailey	~~~~	PLYOJAM Christine	Vinyasa Yoga 6:30 PM in the LOFT Seanna	★★ ★ EXPANDED WEEKEND HOURS → ★★ ★		
				LES MILLS COMBAT 6:30 PM Kelly			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:35 AM	~~~~	Laura L. (45 min)	~~~~	Hailey (30 min)	Libby (30 min)	~~~~	~~~~
8:30 AM	Mike	Laura L.	Roberta	Laura L.	Jana	8:15 AM Laura L.	9:15 AM Rotation
LATE DAY	★ 4:45 PM Laura L. (30 min)	~~~~	★ 4:45 PM Dani (30 min)	~~~~	~~~~	~~~~	~~~~

★ **CHANGE IN SCHEDULE**

REVISED 1 - 30 - 18

CLASS DESCRIPTIONS →

KidWorks

****By Appointment Only****

Call (805) 772-7466, ext. 214

May close early if no appointments are scheduled.

Monday - Friday

8:15am - 12:00pm

3:45pm - 7:30pm

Saturday

8:00am-12:00pm

Sunday

Closed

KidWorks Pricing

\$4.50 per session (up to 2 hours)

OR...

KidWorks Package

\$80 for 20 Sessions (save \$10)

Group Fitness Manager: Danielle Frisco ~ Email: D.Frisco@FitnessWorksMB.com

www.FitnessWorksMB.com

(805) 772-7466