



GROUP FIT: SUMMER 2016



Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:15 7:00 am	Cu Cycling: Rachel				
12:45- 1:30 pm	Cu Cycling: Ashley		Cu Cycling: Ashley		Cu Cycling: Ashley
5:15- 6:15 pm	Body Pump: Melissa	HIIT: Joe	Body Pump: Melissa	HIIT: Joe	
6:20- 7:20pm	Vinyasa: Rachel	Body Pump: Precy	Vinyasa: Rachel	Body Pump: Precy	