



GROUPEXERCISE SCHEDULE

RUSSELLVILLE ROAD

APRIL 2019

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:20-9:20am		F.I.T. Chandler	Kickboxing Rous	Total Tabata Tina	Zumba Ana		RIPPED Ana
9:30-10:30am		Stretch and Flex Heather		Yoga Tina	Yoga Gracie	Yoga Sara	Zumba Ana
4:30-5:30pm		Pilates Rous	Yoga Gracie	Zumba Ana		Strong by Zumba Ana	
5:30-6:30pm		Zumba Grace	Step Peggy	F.I.T. Rous	Kickboxing Peggy	Zumba Ana	