



# *GROUPEXERCISE SCHEDULE*

## *RUSSELLVILLE ROAD*

### *JANUARY 2019*

*NO CLASSES ON TUESDAY, JANUARY 1<sup>ST</sup>, HAPPY NEW YEAR!*

|              | Sunday | Monday                      | Tuesday           | Wednesday            | Thursday            | Friday                 | Saturday      |
|--------------|--------|-----------------------------|-------------------|----------------------|---------------------|------------------------|---------------|
| 8:20-9:20am  |        | F.I.T.<br>Chandler          | Zumba<br>Sintevia | Total Tabata<br>Tina | Zumba<br>Rous       | Power Up<br>Chandler   | RIPPED<br>Ana |
| 9:30-10:30am |        | Stretch and Flex<br>Heather | Pilates<br>Rous   | Yoga<br>Tina         | Pilates<br>Jennifer | Yoga<br>Sara           | Zumba<br>Ana  |
| 4:30-5:30pm  |        | Total Tabata<br>Rous        | Zumba<br>Rous     | Zumba<br>Ana         | Zumba<br>Sintevia   | RIPPED<br>Ana          |               |
| 5:30-6:30pm  |        | Zumba<br>Grace              | RIPPED<br>Regina  | F.I.T.<br>Rous       | Kickboxing<br>Peggy | Dance Party<br>Miranda |               |
| 6:30-7:30pm  |        |                             | Pilates<br>Rous   |                      | Pilates<br>Rous     |                        |               |