

2022

JANUARY



GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	POWER TONE Tomee (30 min)			CYCLERUSH Tomee (30 min)		
6:00am		CYCLERUSH Serena (30 min)	POWER TONE Evo Team			
8:30am	CYCLERUSH Melissa (30 min)		CYCLERUSH Melissa (30 min)			
9:00am	HIGH fitness Kelli	BARRE Serena		KICKBOXING Karen	CYCLERUSH Karen (30 min)	POWER TONE Tomee (30 min)
9:30am			POWER TONE Karen (30 min)		POWER TONE Karen (30 min)	ZUMBA fitness Tomee
10:00am			yoga Malina			
4:45pm	Cycle Karen (45 min)		Cycle Karen (45 min)			
5:30pm	ZUMBA fitness Tomee	KICKBOXING Mary	ZUMBA fitness Tomee	HIGH fitness Katelin		
6:30pm	yoga Malina		POWER TONE Tomee (30 min)			

*Schedule is subject to change as management sees fit.