

GROUP FITNESS SCHEDULE

DECEMBER 2024

CARDIO & STRENGTH

CORE & STRENGTH

GROUP X2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00-12:30 PM	Pilates Reformer Fusion Kylie	Rowing Fusion Annette		Power 30 Annette	Pilates Reformer Fusion Kylie
5:30-6:15 PM	Power 45 Annette		Power 45 Annette		