

Group Class Schedule - Winter 2020

FC2020211

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fit Cycle 5:45am (45min) Brandon	Fit Circuits 5:45am (45min) Nick	Fit Cycle 5:45am (45min) Heidi		Fit Cycle 5:45am (45min) Elizabeth		
Strength 7:30am (45min) Nick	Fit Boxing 7:30am (45min) Jenny	Fit Circuits (Strength) 7:30am (45min) Joe Lang	Fit Cycle 7:30am (45min) Nicole Just Weights 7:30am (45min) Jenny	Fit Circuits (Burn) 7:30am (45min) Jenny	Fit Cycle 8:00am (45min) Rotating Instructors	
Cardio Hip Hop 8:30am Riki	Fit Cycle 30/20/10 8:30am Naomi	Fit MMA 8:30am (45min) Joe Lang	Fit Boxing 8:30am (45min) Naomi	Barre 8:30am Naomi	Fit Circuits 8:30am Nick	Power Yoga 8:30am (75min) Melissa
Fit Cycle 9:30am (45min) Elizabeth		Fit Cycle 8:30am (45min) Cathy	Fit Cycle 9:30am (45min) Nicole	Fit Cycle 9:30am (45min) Elizabeth	Fit Cycle 9:30am (55min) Deena	Fit Cycle 30/20/10 9:30am Rotating Instructors
Fit MMA 9:30am (45min) Joe Lang	Strength & Conditioning 9:30am Elizabeth	Fit Cycle 9:30am (55min) Deena Zumba 9:30am Naomi & Jenny	Pilates 9:30am Nancy	Zumba 9:30am Jenny	Zumba 9:45am Naomi	Zumba 10:30am Sam
Vinyasa Yoga 10:30am Denise	Tabata Fit Cycle 9:45am (30min) Cathy Stretch Class 10:30am (45min) Jenny	Power Yoga 10:30am Janell	Stretch Class 10:30am (45min) Jenny			
*all classes 55 minutes unless otherwise noted. All levels welcome. Sign up on Mindbodyonline.com						
Pilates 4:45pm Nancy	Smart Bells 5:00pm (45min) Cathy	Pilates 4:45pm Nancy	Fit Circuits 5:00pm (45min) Nick	Pilates 4:45pm Nancy		
Zumba 6:00pm (45min) Sam	Barre 6:00pm (45min) Naomi	Hip Hop 30/20/10 5:45pm Sam	Zumba 5:45pm (45min) Naomi	 <p>Fit Club Hours Mon-Thur 5:30am-9:00pm Fri 5:30am-8:00pm Sat-Sun 7:00am-4:00pm www.fitclubbridgefield.com</p>		
Fit Cycle 30/20/10 6:15pm Nicole	Fit Cycle 6:15pm (45min) Candis Stretch Yoga 7:00pm Melissa	Fit Cycle 30/20/10 6:15pm Rotating Instructors	Zen Yoga 6:30pm Janell			