



PNW Fitness Group Fitness Schedule

*All classes, times, and instructors subject to change and/or cancellation. *

GROUP FITNESS STUDIO							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15AM		LES MILLS BODYPUMP Stuart		LES MILLS BODYPUMP Celita			
7:15AM				30 min. Bootcamp 7:20AM -Chris			
8:30AM			Yoga Danica				
9:15AM					Yoga Holly		LES MILLS BODYPUMP Stuart/Maria
10:30AM	Mat Pilates Monica				Mat Pilates Monica	Total Body Conditioning Monica	LES MILLS BODYCOMBAT 10:20AM
11:30AM						LES MILLS CXWORX Monica	Yoga Sunit/TBD
5:15PM	LES MILLS CXWORX Monica				LES MILLS GRIT Fin		
5:50PM	LES MILLS BODYPUMP Sara A.	URBAN DANCE Andra	Mat Pilates Monica	 ZUMBA fitness Mia	 LES MILLS BODYPUMP Jenn		
6:20PM					LES MILLS CXWORX Jenn		
6:55PM	LES MILLS BODYCOMBAT Christine	LES MILLS BODYPUMP Robert	LES MILLS BODYCOMBAT Rachel B.	LES MILLS BODYPUMP Jenn			
8:00PM		Yoga Tiffani					
CYCLE STUDIO							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15AM	LES MILLS RPM Robert		CYCLING TBD		LES MILLS RPM Kimmv T.		
9:15AM						CYCLING Evann/Jenn	
10:30AM		CYCLING Monica					LES MILLS RPM Stuart/Sunit
5:50PM		LES MILLS RPM Robert		CYCLING Jenn			
6:55PM	CYCLING 6:30PM - John	HIIT35' 7PM - John	LES MILLS RPM Monica	HIIT35' 7PM - John			