

PACIFIC NORTHWEST FITNESS GYM

GROUP FITNESS SCHEDULE

MONDAY

BODYPUMP

@5:50PM
w/ Celita

TUESDAY

CLASSES
COMING SOON

WEDNESDAY

CYCLE

@6:30PM
w/Justin

THURSDAY

CLASSES
COMING SOON

FRIDAY

YOGA/PILATES

@12:30PM
w/Monica

SATURDAY

BODYPUMP

@10AM
w/Sarith

CYCLE/RPM

@11AM
W/Debra

SUNDAY

CLASSES
COMING SOON

CHANGES

LABOR DAY: NO CLASSES
9/18 CYCLE W/MATEO