

THE ROCK FITNESS CENTER

GROUP FITNESS CLASS SCHEDULE

SUBJECT TO CHANGE DUE TO ATTENDANCE.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30	CIRCUIT TRAINING Melissa		ROCK & ROLL Eric		PILATES & STRENGTH Deb	
8:00	YOGA Jami					
9:00	SCULPT & STRENGTH Nancy	CROSS FIT Myla \$3		KICKBOXING Myla	SCULPT & STRENGTH Nancy	PILATES & STRENGTH Deb
10:00					ZUMBA Landa	
4:30						
5:30	YOGALATES Deb		PILATES & STRENGTH Deb			
6:30	ROCK & ROLL Heather	ZUMBA Landa	ROCK & ROLL Eric	ZUMBA Landa		

MONDAY –THURSDAY 4:30AM-9:00PM

FRIDAY 4:30AM-7:00PM

SATURDAY 7:00AM-4:00PM

SUNDAY 10:00AM-2:00PM