

SPRING 2019 FREE WEEK CLASS LIST
Tuesday January 22nd-Sunday January 27th

Tuesday 1/22

- Tuesday HIIT Pump 12:10 p.m Flanagan Geeta
- Tuesday Tabata 5:10pm Flanagan Leah

Wednesday 1/23

- Wednesday Boot Camp 12:10 p.m. Flanagan Geeta
- Wednesday Full Body Sculpt 4:00 pm Flanagan Bryden
- Wednesday Yoga 5:05 pm Flanagan Julia
- Wednesday Zumba 5:10 pm Ernie Davis Aly
- Wednesday Cycle 50 5:15 pm Flanagan Racquetball 9 Donna
- Wednesday Core N More 6:10 pm Flanagan Donna
- Wednesday Cycle 50 8:00 pm Flanagan Racquetball 9 Sara

Thursday 1/24

- Thursday Bollywood Fitness 7:00 am Flanagan Geeta
- Thursday Booty Blast 4:00 pm Flanagan (25 min) Josh
- Thursday Awesome Abs 4:35 pm Flanagan (25 min) Josh
- Thursday Tabata 5:10pm Flanagan Leah
- Thursday HIIT Pump 12:10 p.m Flanagan Geeta
- Thursday Zumba 6:10 pm Flanagan Yudy
- Thursday Cycle 50 5:30pm Flanagan Racquetball 9 Janice

Friday 1/25

- Friday Booty Blast 11 am Flanagan (25 min) Josh
- Friday Awesome Abs 11:35 am Flanagan (25 min) Josh
- Friday Cycle 50 12:10 pm Flanagan Racquetball 9 Sara
- Friday Full Body Sculpt 12:10 pm Flanagan Bryden

Sunday 1/27

- Sunday Kettlebell AMPD® 3:00 pm Flanagan Courtney
- Sunday TurboKick® 4:00 pm Flanagan Courtney
- Sunday Yoga Flow 5:30 pm Flanagan Linda