



FITNESS

# Studio B-Multipurpose Room Schedule

May 28 – June 4, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00am		5:45 – Body Pump	5:45- CX WORX	5:45 – Body Pump	5:30-BodyFlow Strgth		
6:00-6:30		Body Pump	6:15-BodyFlow-Stretch	Body Pump	BodyFlow Strength		
6:30-7:00		Body Pump	Body Flow-Stretch	Body Pump			
7:00-7:30							
7:30 – 8:00						CXWORX	
8:00 – 8:30					CXWORX	CXWORX	
8:30 – 9:00	Body Step – 8:45	Body Pump	Body Step	Body Pump	Body Flow	Body Pump	
9:00a – 9:30	Body Step-45 Min	Body Pump	Body Step	Body Pump	Body Flow	Body Pump	
9:30 – 10:00	Body Flow	Cardio Burn – 45 Min	Body Pump	Cardio Burn-45 Min	Muscle Conditioning		
10:00-10:30	Body Flow	10:15-Core15-15 Min	Body Pump	10:15-Core15-15 Min	Muscle Conditioning	Body Flow	
10:30 – 11:00	TONE – 45 Min	Body Flow Stretch	10:45 – Zumba Gold	TONE – 45 Min		Body Flow	
11:00 – 11:30	TONE		Zumba Gold-45 Min	TONE			
11:30-12:00				CXWORX -30 Min			
12:00 – 12:30	12:15-Body Pump	Body Flow – 12:15	CXWORX-12:15	Body Flow – 12:15	Body Pump – 12:15		
12:30-1:00	Body Pump	Body Flow	CXWORX	Body Flow	Body Pump		
1:00-1:30	Body Pump	Body Flow	BodyFlow Stretch-12:45				
1:30-2:00							
2:00-2:30							
2:30-3:00							
3:00-3:30							
3:30-4:00							
4:00-4:30							CXWORX
4:30-5:00	Body Flow			Body Pump			Body Flow
5:00 – 5:30	Body Flow			Body Pump			Body Flow
5:30 – 6:00	Body Step 45 min	Body Pump	Body Flow	BODYFLOW			
6:00-6:30	Body Pump – 6:15	Body Pump	Body Flow	BODYFLOW			
6:30-7:00	Body Pump 45 min	Body Flow Stretch					
7:00-7:30		<b>MMA Fitness</b>		<b>MMA Fitness</b>			
7:30-8:30		<b>MMA Fitness</b>		<b>MMA Fitness</b>			

Class schedules are also available online at [www.firsthealth.org/fitness](http://www.firsthealth.org/fitness)