



FITNESS

Studio B-Multipurpose Room Schedule

January 2-7, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00am		5:45 – Body Pump	5:45- CX WORX	5:45 – Body Pump	5:45 BODYFLOW		
6:00-6:30		Body Pump	6:15-BodyFlow-Stretch	Body Pump	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	Body Pump	Body Step	Body Pump	Body Flow	Body Pump	
9:00a – 9:30	Body Step	Body Pump	Body Step	Body Pump	Body Flow	Body Pump	Spec Event
9:30 - 10:00	Body Flow	Cardio Burn – 45 Min	Body Pump	Cardio Burn-45 Min	Muscle Conditioning		Spec Event
10:00-10:30	Body Flow	10:15-Core15-15 Min	Body Pump	10:15-Core15-15 Min	Muscle Conditioning	Body Flow	Spec Event
10:30 - 11:00	Body Vive-45 Min	Yoga Stretch 30-min	10:45 Zumba Gold – 45 Min	Body Vive-45 Min		Body Flow	Spec Event
11:00 – 11:30	Body Vive		Zumba Gold	Body Vive			Spec Event
11:30-12:00							Spec Event
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				Spec Event
1:30-2:00			BodyFlow Stretch				Spec Event
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	Body Flow			
6:00-6:30	Body Pump – 6:15	Body Pump	Body Flow	Body Flow			
6:30-7:00	Body Pump 45 min	Body Flow Stretch		C XWORX-30 Min			
7:00-7:30							
7:30-8:30		MMA Fitness		MMA Fitness			

Class schedules are also available online at www.firsthealth.org/fitness