



FITNESS

Studio A Schedule

April 16 – April 22, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun.
5:00a-6:00a							
6:00a-6:30am							
6:30a-6:45a							
7:00a-7:30a							
7:30a – 8:00a							
8:00 – 8:30							
8:30a-9:00a	Beg Yoga	Pilates	Beg/Int Yoga	Pilates Barre	Yoga – Beg/Int		
9:00a – 9:30	Beg Yoga	Pilates	Beg/Int Yoga	Pilates Barre	Yoga - Beg/Int	Pilates Barre	
9:30 – 10:00	Condition & Stretch	Pilates Barre	Pilates		Ballet Barre Fitness	Pilates Barre	
10:00a-10:30a	Condition & Stretch	Pilates Barre	Pilates		Ballet Barre Fitness		
10:30 - 11:00				Pre/Post Natal Yoga			
11:00 – 11:30	Cardiac Rehab		Cardiac Rehab	Pre/Post Natal Yoga	Cardiac Rehab		
11:30-12:00	Cardiac Rehab		Cardiac Rehab		Cardiac Rehab		
12:00 – 12:30							
12:30-1:00							
1:00-1:30							
1:30-2:00							
2:00-2:30	Cardiac Rehab	Stretch Clinic	Cardiac Rehab		Cardiac Rehab		
2:30-3:00	Cardiac Rehab	Stretch Clinic	Cardiac Rehab		Cardiac Rehab		
3:00-3:30							Zumba
3:30-4:00							Zumba
4:00-4:30							
4:30-5:00		Pilates Barre	Pilates Barre				
5:00-5:30		Pilates Barre	Pilates Barre	Pilates Barre			
5:30-6:00	Zumba		Zumba	Pilates Barre			
6:00-6:30	Zumba		Zumba	Zumba			
6:30-7:00		Hip Hop Dance		Zumba			
7:00-7:30		Hip Hop Dance					
7:30-8:00							
8:00-9:15							

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