



# Group Classes

December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00am-6:30am <b>TRX</b> Brittani Frey			6:00am-6:30am <b>Tread-N-Shred</b> Brittani Frey		
		7:00-11:00am <b>Staffed Hours</b> Jess Morris	7:00-11:00am <b>Staffed Hours</b> Jess Morris	7:00-11:00am <b>Staffed Hours</b> Jess Morris	7:00-11:00am <b>Staffed Hours</b> Jess Morris	
	8:00am-8:30am <b>Sculpt</b> Molly Larson	8:00-8:30am <b>Tread-N-Shred</b> Molly Larson	8:00-8:30am <b>Strength Fusion BUILD</b> Lindsay Riebe	8:00-8:45am <b>TreadYo</b> Molly Larson	8:00-8:30am <b>Sculpt</b> Molly Larson	8:00-8:30am <b>Boot Camp</b> Lindsay Riebe
		9:00-9:30am <b>Barre</b> Molly Larson				
	4:30-5:00pm <b>HIIT</b> Lindsay Riebe	4:15-4:45pm <b>Tread-N-Shred</b> Molly Larson	4:15-4:45pm <b>HIIT</b> Lindsay Riebe	4:30-6:00pm <b>Staffed Hours</b> Jess Morris		
	5:20-5:50pm <b>Strength Fusion BUILD</b> Lindsay Riebe	5:30-6:00pm <b>TRX HIIT</b> Molly Larson	5:00-5:30pm <b>Strength Fusion BUILD</b> Lindsay Riebe	5:00-5:45pm <b>Power Yoga</b> Bridget Akey		
	6:00-6:45pm <b>Power Yoga</b> Bridget Akey					