

# MEMORIAL DAY SCHEDULE

**May 26th- 29th, 2017**



## Club Hours:

Friday: 5am - 9pm

Saturday: 6am - 6pm

Sunday: 6am - 6pm

Monday: 6am - 4pm

## Group Fitness Schedule:

|                                             |          |                      |         |
|---------------------------------------------|----------|----------------------|---------|
| <b>Friday</b><br><b>5/26</b>                | 5:30 am  | HIIT                 | Sam     |
|                                             | 9:00 am  | SPINNING             | Mary    |
|                                             | 10:00 am | ZUMBA                | Kate S. |
|                                             | 10:00 am | BODY PUMP            | Kate    |
| <b>Saturday</b><br><b>5/27</b>              | 7:00 am  | BODY PUMP            | Rosa    |
|                                             | 8:00 am  | STEP INTERVAL        | Rosa    |
|                                             | 8:00 am  | SPINNING             | Sam     |
|                                             | 9:00 am  | ZUMBA                | Tallie  |
| <b>Sunday</b><br><b>5/28</b>                | 7:30 am  | CIRCUIT              | Rosa    |
|                                             | 8:30 am  | SPINNING             | Rosa    |
|                                             | 8:30 am  | ZUMBA                | Mary R. |
| <b>Monday</b><br><b>5/29 (Memorial Day)</b> | 9:00 am  | SPIN - Race Day Ride | Rosa    |
|                                             | 9:00 am  | POUND                | Kate S. |
|                                             | 10:00 am | YOGA                 | Beth    |