



Group Activity Classes
(901) 765-4410

MONDAY

6:15-7:05 am	CRT Cardio Resistance Training*	Jonna
9:00-10:30 am	Bench Blast	Chris
5:30-6:15 pm	Core Strengthening	Sharon

TUESDAY

6:00-7:00 am	Boot Camp*	Dion
9:00-10:00am	Circuit/Cardio Class	Chris/Mindy
10:00-11:00 am	Pilates*	Cheryl

WEDNESDAY

9:00-10:00 am	Cardio Blast	Chris/Mindy
5:30-6:15 pm	Core Strengthening	Sharon
6:15-7:15pm	Strength & Stretch Yoga	Jackie

THURSDAY

6:00-7:00 am	Boot Camp *	Dion
9:00-10:00 am	Power/ Pump/Sculpt*	Chris/Mindy
10:00-11:00 am	Pilates* ,	Cheryl
5:30pm-6:30pm	Step basic-intermediate	Ashley
6:30-8:30 pm	Karate for Adults*	

FRIDAY

9:00-10:30 am	Bench Blast	Mindy
----------------------	--------------------	--------------

SATURDAY

9:00-10:00 am	Cardio Kick/Core	Mindy
10:00-11:00 am	Yoga Strengthening	Jackie
1:00-3:00 pm	Karate for Adults*	

***Fees Charged for Class**

