



**Group Activity Classes**  
**(901) 765-4410**

**MONDAY**

6:15-7:05 am	CRT Cardio Resistance Training*	Jonna
8:00-9:00am	20/20/20 Cal Burn	Alia
9:00-10:30 am	Bench Blast	Chris
4:00-5:30pm	Room Booked	Dion
5:30-6:15 pm	Core Strengthening	Sharon

**TUESDAY**

6:00-7:00 am	Boot Camp*	Dion
8:30-9:30am	Weights/Cardio Interval	Chris/Mindy
10:00-11:00 am	Pilates*	Cheryl
5:30-6:15pm	Strength & Stretch Yoga	Jackie

**WEDNESDAY**

9:00-10:00 am	Cardio Kick	Chris/Mindy
10:00-11:00am	Room Booked	Dion
5:30-6:15 pm	Core Strengthening	Sharon

**THURSDAY**

6:00-7:00 am	Boot Camp *	Dion
8:00-9:00am	TRX*	Dion
9:00-10:00am	Power/ Pump/Sculpt*	Chris/Mindy
10:00-11:00 am	Pilates*	Cheryl
4:00-5:00pm	Room Booked	Dion
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	Mindy
10:00-11:00 am	Yoga Strengthening	Jackie
11:15-1:00 pm	Karate for Adults*	

**SUNDAY**

12:00-2:00PM	Room Booked	Cicero
--------------	-------------	--------

**\*Fees Charged for Class**