



# Complete Group Fitness

3/18 - 3/24/19

[www.thesportsclubs.com](http://www.thesportsclubs.com)

MONDAY 18	Studio/Location	Class	Instructor
6:00-6:45am	B	Spin Express <b>New Class</b>	Ally
9:15-10:15am	A	Cardio-Wts Interval	Maureen
9:30-10:30am	B	Spin* Zone 1-4	Arlene
10:15-11:15am	A	Body Conditioning	Andy
5:30-6:30pm	A	Zumba	Devra
6:30-7:30pm	A	Body Conditioning	Devra

TUESDAY 19	Studio/Location	Class	Instructor
5:45-6:45am	B	Spin*Zone 1-4	Kari
8:30-9:30am	B	Spin* Zone 2-4	Michael
8:30-9:00am	Weight Room	<b>Queenax FIT Training \$</b>	Sanda
9:15-10:15am	A	Cardio-Mix	Patty
9:15-10:30am	D	Contact Boxing	Shawn
11:15-12:15pm	A	Cardio-Combo	Andy
5:15-6:15pm	A	Body Conditioning Plus	Lynn
6:00-7:00pm	B	Spin*Basic	Ally
6:30-7:30pm	A	Cardio-Wts Interval	Jenny

Wednesday 20	Studio/Location	Class	Instructor
8:30-9:00am	Weight Room	<b>Queenax FIT Training \$</b>	Lisa
9:15-10:15am	A	Tabata Training	Andrea
9:30-10:30am	B	Spin* Zone 2-4	Lisa
10:30-11:30am	A	Zumba	Andrea
4:30-5:30pm	B	Spin* Zone 2/4 Interval	Connie
5:30-6:30pm	A	Cardio Kickboxing	Devra
6:30-7:30pm	A	Body Conditioning	Lynn**

Please go to [www.thesportsclubs.com](http://www.thesportsclubs.com) for the most up to date information.

\*\* Substitute

THURSDAY 21	Studio/Location	Class	Instructor
6:00-7:00am	A	Body Conditioning	Lynn
8:30-9:15am	B	Spin Express	Lisa
9:15-10:15am	A	Cardio-Wts Interval	Lisa
9:15-10:30am	D	Contact Boxing	Shawn
10:00-10:30am	Weight Room	<b>Queenax FIT Training \$</b>	Granit
10:15-11:00am	A	Core and More	<b>Cancelled</b>
11:15-12:15pm	A	Cardio-Combo	Andy
5:30-6:30pm	A	TRX Circuit	Devra
6:00-7:00pm	B	Spin* Zone 2-4	Sara
6:30-7:30pm	A	Zumba	Ali
6:30-7:00pm	Weight Room	<b>Queenax FIT Training \$</b>	Lisa S

FRIDAY 22	Studio/Location	Class	Instructor
5:45-6:45am	B	Spin* Zone 1-4	Julie
8:30-9:15am	A	Total Body TRX	Lisa
8:45-9:15am	Weight Room	<b>Queenax FIT Training \$</b>	Sandy
9:15-10:15am	A	Z-Box	Andrea
9:30-10:30am	B	Spin* Zone 1-4	Sandy
10:30-11:30am	A	Strength on the Ball	Andrea

SATURDAY 23	Studio/Location	Class	Instructor
8:10-9:10am	A	Cardio-Pump	Yasuyo
8:00-9:15am	D	Contact Boxing	Shawn
9:00-10:00am	B	Spin* Zone 2-4	Jeff
9:00-9:30am	Weight Room	<b>Queenax FIT Training \$</b>	Nicole
9:20-10:20am	A	Step/Weights Interval	Sandy
10:20-11:20am	A	Body Conditioning	Lynn
3:00-4:15pm	B	TRX and Spin	Sara

SUNDAY 24	Studio/Location	Class	Instructor
9:00-10:00am	B	Spin* Zone 1-4	Sara
9:15-10:15am	A	Cardio-Wts Interval	Devra
10:15-11:15am	B	Spin* Zone 1-4	Sandy
10:30-11:30am	A	Zumba	Andrea