



# PURSUIT FITNESS

## LAKE STEVENS GROUP CLASS SCHEDULE

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength	5:30PM PUMP IT NICOLE	10:30AM PUMP IT KATY			9:30AM PUMP IT KATY		
Yoga			9:30AM GENTLE YOGA SHERIDAN				
Dance Fitness	10:30AM SHINE BRITTANY  6:30PM WERQ NICOLE	6:30PM ZUMBA LESLIE	10:30AM SHINE BRITTANY  6:30PM ZUMBA AARON	6:30PM ZUMBA LESLIE		10:45AM WERQ NICOLE	
Spin		9:30AM SPIN MIKE		9:30AM SPIN MIKE	10:30AM SPIN KATY		
Senior Fit		11:30AM NICOLE		11:30AM SAM			