



# PURSUIT FITNESS

## MONROE GROUP CLASS SCHEDULE

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>P60</b>	<b>9AM</b> <b>5PM</b> <b>6PM</b> (MOBILITY)	<b>9AM</b> <b>5PM</b> <b>6PM</b>	<b>9AM</b> <b>5PM</b>	<b>9AM</b> <b>5PM</b> <b>6PM</b>	<b>9AM</b>	<b>9AM</b>	
<b>Yoga Strength</b>	<b>8AM</b> YOGA FUSION BECKY  <b>9AM</b> SLOW FLOW NICOLE	<b>9AM</b> GENTLE YOGA NICOLE  <b>11AM</b> YOGA/PILATES BECKY	<b>9AM</b> VINYASA FLOW SHAUNTAE  <b>10AM</b> PUMP IT NICOLE  <b>7PM</b> VINYASA FLOW KAYLANI	<b>9AM</b> GENTLE YOGA SHERIDAN  <b>10AM</b> FITBALL BECKY	<b>10AM</b> PUMP IT NICOLE	<b>8AM</b> GENTLE YOGA KAYLANI	<b>8AM</b> GENTLE YOGA KAYLANI
<b>Dance</b>	<b>10AM</b> WERQ NICOLE  <b>5PM</b> KREATIV JESIBEL  <b>6PM</b> ZUMBA LESLIE	<b>10AM</b> TURN UP NICOLE  <b>6PM</b> KDFIT JESIBEL	<b>5PM</b> KDFIT KAT  <b>6PM</b> ZUMBA LESLIE	<b>8AM</b> ZUMBA ADRIANA  <b>6PM</b> ZUMBA NANCY	<b>9AM</b> SHINE DANCE BRITTANY	<b>9AM</b> WERQ NICOLE	
<b>Spin</b>	<b>5AM</b> DANNY  <b>7PM</b> HUNTER	<b>7PM</b> KARI	<b>5AM</b> DANNY	<b>7PM</b> KARI			
<b>Senior Fit</b>	<b>10AM</b> <b>11AM</b> (STRETCH)		<b>10AM</b> <b>11AM</b> (STRETCH)				