



PURSUIT FITNESS

LAKE STEVENS GROUP CLASS SCHEDULE

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength					9:30AM PILATES SAM		
Yoga	5:30PM GENTLE YOGA NICOLE	10:30AM YOGA SCULPT SAM 5:30PM YOGA SCULPT TIFFANY	9:30AM YOGA/PILATES SAM	5:30PM GENTLE YOGA GABRIELLA		8:30AM GENTLE YOGA SAM	
Dance Fitness	6:30PM TURN UP HANNAH	6:30PM ZUMBA LESLIE	10:30AM SHINE KIRA 6:30PM ZUMBA AARON	6:30PM ZUMBA LESLIE		9:30AM WERQ NICOLE	
Senior Fit		11:30AM NICOLE		11:30AM SAM			