



PURSUIT FITNESS

MONROE GROUP CLASS SCHEDULE

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
P60	9AM 5PM 6PM (MOBILITY)	9AM 5PM 6PM	9AM 5PM	9AM 5PM 6PM	9AM	9AM	
Yoga Strength	8AM YOGA FUSION BECKY	9AM GENTLE YOGA NICOLE	9AM VINYASA FLOW SHAUNTAE	9AM GENTLE YOGA SHERIDAN	10AM PUMP IT NICOLE	8AM GENTLE YOGA KAYLANI	8AM GENTLE YOGA KAYLANI
	9AM SLOW FLOW NICOLE	11AM YOGA/PILATES BECKY 5:30PM VINYASA FLOW KEYNDRA	10AM PUMP IT NICOLE	10AM FITBALL BECKY 5:30PM VINYASA FLOW KEYNDRA			
Dance	10AM WERQ NICOLE	10AM TURN UP NICOLE	6:30PM ZUMBA LESLIE	8AM ZUMBA ADRIANA	9AM WERQ NICOLE	9AM ZUMBA REBECCA	
	6:30PM ZUMBA LESLIE	6:30PM ZUMBA REBECCA		6:30PM ZUMBA NANCY			
Spin	5AM DANNY	7:30PM KARI	5AM DANNY	7:30PM KARI			
	5:30PM MELISSA		5:30PM MELISSA				
Senior Fit	10AM 11AM (STRETCH)		10AM 11AM (STRETCH)		10AM 11AM (STRETCH)		