



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 SLOW FLOW NICOLE	9AM GENTLE YOGA NICOLE 11AM YOGA/PILATES BECKY 5PM HATHA FUSION SHERIDAN	9AM VINYASA FLOW SHAUNTAE 10AM PUMP IT ROSIE 7PM VINYASA FLOW KAYLANI	9AM GENTLE YOGA SHERIDAN 10AM FITBALL BECKY 5PM SLOW FLOW SHERIDAN	10AM PUMP IT NICOLE	8AM GENTLE YOGA KAYLANI	11AM BARRE ANDREA
Dance	10AM WERQ NICOLE 5PM KREATIV JESIBEL 6PM ZUMBA LESLIE	10AM TURN UP NICOLE 6PM KDFIT JESIBEL	5PM KDFIT KAT 6PM ZUMBA LESLIE	8AM ZUMBA ADRIANA 6PM ZUMBA NANCY	9AM ZUMBA CARDIO HIIT CHRISTINA	9AM WERQ KRISY	
Spin	5AM DANNY 7PM HUNTER	7PM KARI	5AM DANNY	7PM KARI			
Senior Fit	10AM 11AM (STRETCH)		10AM 11AM (STRETCH)				