



PURSUIT FITNESS

SMOKEY POINT GROUP CLASS SCHEDULE

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga	10:30AM GENTLE YOGA SHERIDAN		10:30AM, 7:00PM GENTLE YOGA NICOLE		10:30AM GENTLE YOGA SHERIDAN	9AM YOGA/PILATES NICOLE	
Strength		9:30AM PUMP IT LYNN 5:00PM PUMP IT NIKKI	5:15AM RISE AND SHINE SANDY	9:30AM PUMP IT LYNN 5:00PM PUMP IT NIKKI	5:15AM RISE AND SHINE SANDY		
Dance	9:30AM ZUMBA MOLLY 6:00PM ZUMBA MOLLY	6:00PM HIGH FITNESS AMANDA	6:00PM TURN UP/COMMIT NICOLE		9:30AM ZUMBA MOLLY	10:00AM WERQ NICOLE	
Spin	9:30AM LYNN 5:15PM HOLLY	5:15AM RENEE	9:30AM LYNN 5:15PM HOLLY	5:15AM RENEE		8:00AM SPIN ROTATING INSTRUCTOR	
Senior Fit		10:30 LYNN		10:30 LYNN			