



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 5:30PM VINYASA FLOW KEYNDRA	9AM VINYASA FLOW SHAUNTAE 10AM PUMP IT NICOLE	9AM GENTLE YOGA SHERIDAN 10AM FITBALL BECKY 5:30PM VINYASA FLOW KEYNDRA	10AM PUMP IT NICOLE	8AM GENTLE YOGA KAYLANI	8AM GENTLE YOGA KAYLANI
Dance	10AM WERQ NICOLE 6:30PM ZUMBA LESLIE	10AM TURN UP NICOLE 6:30PM ZUMBA REBECCA	6:30PM ZUMBA LESLIE	8AM ZUMBA ADRIANA 6:30PM ZUMBA NANCY	9AM WERQ NICOLE	9AM WERQ NICOLE	
Spin	5AM DANNY	7:30PM KARI	5AM DANNY	7:30PM KARI			
Senior Fit	10AM 11AM (STRETCH)		10AM 11AM (STRETCH)		10AM 11AM (STRETCH)		