



PURSUIT FITNESS GROUP CLASS SCHEDULE

Schedule Starting March 1st, 2023

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
P60	9AM 5PM 6PM (MOBILITY)	9AM 5PM 6PM	9AM 5PM	9AM 5PM 6PM	9AM	9AM	
YOGA BARRE	9AM SLOW FLOW NICOLE 7PM CORE POWER KAYLANI	9AM GENTLE/PILATES NICOLE 5PM POWER/YIN SHERIDAN	9AM VINYASA FLOW SHAUNTAE 7PM VINYASA FLOW KAYLANI	9AM HATHA FUSION SHERIDAN 5PM POWER/YIN SHERIDAN		8AM GENTLE KAYLANI	10AM BARRE ANDREA
DANCE	10AM COMMIT NICOLE 5PM KREATIV KAT / JESIBEL 6PM ZUMBA LESLIE	10AM COMMIT NICOLE 6PM ZUMBA LESLIE	5PM KREATIV EILEEN 6PM ZUMBA LESLIE	6PM ZUMBA LESLIE	9AM ZUMBA CARDIO HITT CHRISTINA 10AM PUMP IT NICOLE	9AM TURN UP NICOLE	
CYCLE		7PM CYCLE KARI		7PM CYCLE KARI			
SENIOR FIT	10AM 11AM (STRETCH)		10AM 11AM (STRETCH)				