


The Crest Fitness Club Lumina Commons

2018

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|--|---|--------------------------------|---|------------------------------|--------------------------|--------|
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| | | | | | | | |
| 8:30 | CardioSculpt Jen |  Sara | Balance Barre & Core Jen |  Instructor rotate | Cardio Sculpt Jen | Simply Strength Daria | |
| 9:30 | Yoga Jen | Pilates Amy | Pilates Core Jen | Pilates Amy | Therapeutic Yoga Andie | | |
| 10:30 | | | | | | | |
| 12:15 | | | | | | | |
| 4:30 | Yoga Brandi | | | | | | |
| 5:30 |  Chelsea | Step & Pump Paul | HIIT Chelsea | Step & Pump Paul | | | |
| 6:30 | | | | | | | |