

## The Crest Fitness Club Lumina Commons

2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30							
7:30							
8:30	CardioSculpt Jen	 ZUMBA Joe	Balance Barre & Core Jen	 ZUMBA Joe	CardioSculpt Jen	Simply Strength Daria	
9:30	Yoga Jen	Pilates Amy	Pilates Core Jen	Pilates Amy	Yoga Andie	Yoga Whitney	
10:30							
12:15							
4:30	Yoga Brandi		Yoga Andie				
5:30	 ZUMBA Chelsea	Step & Pump Paul	HIIT Chelsea	Step & Pump Paul			
6:30		Yoga Andie					