

The Crest Fitness Club Lumina Commons
2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30							
7:30							
8:30	CardioSculpt Jen	 ZUMBA Joe	Pump it Up Jen	 ZUMBA Joe	CardioSculpt Jen	Simply Strength Daria	
9:30	Yoga Jen	Pilates Amy	Cardio Core Jen	Pilates Amy	Yoga Brandon	Yoga Instructor rotate	
10:30							
12:15							
4:30	Yoga Brandi		Yoga Brandon				
5:30	 ZUMBA Chelsea	Step & Pump Paul	 ZUMBA Chelsea	Step & Pump Paul			
6:30	Krazy 8 Leslie	Yoga Brandon		Coming Soon TRX Private			

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