

The Crest Fitness Club Lumina Commons

2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30	CardioSculpt Jen	 Sara	Balance Barre & Core Jen	Step Optional Daria	Cardio Sculpt Jen	Simply Strength Daria	
9:30	Yoga Jen	Pilates Amy	Pilates Core Jen	Pilates Amy	Therapeutic Yoga Jen	Yoga Whitney	
10:30							
12:15							
4:30	Yoga Marisa		Yoga Judy				
5:30	Step Kick & Core Dawn	Step & Pump Paul	Burn Express Dawn	Step & Pump Paul	Yoga Marisa		
6:30		Yoga Whitney					

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