

The Crest Fitness Club Lumina Commons

2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30	Cardio Sculpt Jen	4Ever Fit Daria	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		Yoga Marisa		
5:30	 Cheryl	Step & Pump Paul	 Cheryl	Step & Pump Paul			
6:30		Yoga Whitney					

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