

**The Crest Fitness Club Lumina Commons**

**2019**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>8:30</b>	<b>Cardio Sculpt Jen</b>	<b>4Ever Fit Daria</b>	<b>Balance Barre &amp; Core Jen</b>	<b>Step Optional Daria</b>	<b>Cardio Sculpt Jen</b>	<b>Simply Strength Daria</b>	
<b>9:30</b>	<b>Yoga Jen</b>	<b>Pilates Amy</b>	<b>Pilates Core Jen</b>	<b>Pilates Amy</b>	<b>Therapeutic Yoga Jen</b>	<b>Yoga Whitney</b>	
<b>10:30</b>							
<b>12:15</b>							
<b>4:30</b>	<b>Yoga Marisa</b>		<b>Yoga Marisa</b>				
<b>5:30</b>	 <b>Cheryl</b>	<b>Step &amp; Pump Paul</b>	 <b>Cheryl</b>	<b>Step &amp; Pump Paul</b>			
<b>6:30</b>		<b>Yoga Whitney</b>					

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