

The Crest Fitness Club Lumina Commons

2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	TRX Express Dawn		Tabata Boot Camp Dawn		Step, Kick & Core Dawn		
8:30	CardioSculpt Jen	 Joe	Balance Barre & Core Jen	 Joe	CardioSculpt Jen	Simply Strength Daria	
9:30	Yoga Jen	Pilates Amy	Pilates Core Jen	Pilates Amy	Therapeutic Yoga Andie	Yoga Whitney	
10:30							
12:15							
4:30	Yoga Brandi						
5:30	 Chelsea	Step & Pump Paul	HIIT Chelsea	Step & Pump Paul			
6:30		Yoga Whitney					