













Effective 1-22-18	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Cycling - Missy	Cycling - Elise		Step Xtreme - Kelly	Cycling - Jackie	
		<b>FHIIT40</b>		<b>FHIIT40</b>		
5:45 AM						
6:00 AM			Power Vinyasa - Callie			
6:30 AM		Yoga Stretch - Elise				
7:15 AM						<b>FHIIT40 or Cycling</b>
8:00 AM		Silver Sneakers - Gail	Adaptive Yoga - Lori	Silver Sneakers - Gail	Yoga Stretch - Ann	Mind & Body - Ned
						
8:15 AM			Step Xtreme - Kelly			
9:00 AM	Water Aerobics - Juliette		Water Aerobics - Lori		Boxing Bootcamp - Juliette	
	Sculpt & Sweat - Kelly					
9:15 AM	<b>FHIIT40</b>	Cycling - Jackie	<b>FHIIT40</b>	Cycling - Jess		
10:00 AM	Fluid Yoga - Katie		Align & Flow Yoga - Jackie		Vinyasa Flow - Elise	
						
10:15 AM					<h2 style="text-align: center;">Fit Stop Health Club Group Fitness Schedule</h2> <p><b>Gym Hours</b></p> <p>Monday - Thursday: 5am - 10pm  Friday: 5am - 8pm  Saturday: 7am - 8pm  Sunday: 9am - 4pm</p> <p><b>Child Care Hours</b></p> <p>Monday - Friday: 8:45am - 12pm  Monday - Thursday: 4:15pm - 7:30pm  Saturday: 8am - 11pm  Sunday: CLOSED</p>	
11:30 AM						
4:30 PM	Simple Yoga - Jackie			Simple Yoga - Jackie		
						
5:00 PM						
5:30 PM						
5:45 PM	Cycling - Jackie		Cycling - Jess			
6:00 PM						
6:30 PM	<b>FHIIT40</b>		<b>FHIIT40</b>			
7:00 PM		Yoga Fundamentals - Ned				