



ALPHA FITNESS GROUP CLASS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM SPIN w/Lorraine	8:30 AM SPIN w/Patti	8:30 AM RIP N' RIDE w/Tanya	8:30 AM HIIT the Barre w/Rachel	8:30 AM You -vs- You w/Steff	8:30 AM R.E.F.I.N.E. w/Rachel	8:30 AM SPIN w/Rachel
9:30 AM  ZUMBA FITNESS w/Cesar	9:30 AM Chisel w/Rachel	9:30 AM Bootcamp w/Patti	9:30 AM Step & Core w/Steff	9:30 AM Pilates Plus w/Rachel	9:30 AM SPIN w/Patti	9:30 AM Barbell Blast w/Rachel
		9:30 AM Kickboxing w/Steff				
		3:30 PM  ZUMBA FIESTA FLEX w/Sam		3:30 PM  ZUMBA FIESTA FLEX w/Sam		
	4:30 PM HIIT the Barre w/Rachel	4:30 PM Triple Threat w/Tanya	4:30 PM SPIN w/Lorraine	4:30 PM SPIN w/Lindsay		
	5:30 PM SPIN w/Lorraine	5:30 PM S-A-T Sculpt & Tone w/Lindsay	5:30 PM Barbell Blast w/Rachel	5:30 PM Tabata Training w/Lindsay	5:30 PM Hip Hop Dance w/Cesar	
	5:30 PM Hit & Fit Boxing w/Anthony		5:30 PM Hit & Fit Boxing w/Anthony			
	6:30 PM  ZUMBA FITNESS w/Cesar		6:30 PM Hip Hop Dance w/Cesar	6:30 PM  ZUMBA FITNESS w/Cesar	6:30 PM SPIN w/Ron	
	6:45 PM Hard Core w/Anthony (30 Minutes)	6:45 PM Alpha Bootcamp w/Anthony		6:30 PM Kickboxing w/Sam	ANYTHING GOES w/Anthony Any Day, Any Time, Anything Goes! Look out for posts!	
			7:45 PM YOGA w/Kate	7:45 PM Cardio Craze w/Liz		