



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  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 | | | 10:30 AM Athletic Stretch w/Patti (30 Minutes) | |
| | 4:30 PM HIIT the Barre w/Rachel | 4:30 PM SPIN w/Lindsay | 4:30 PM SPIN w/Lorraine | 4:30 PM SPIN w/Lindsay | | |
| | | 4:45 PM Kickboxing w/Sam | | | | |
| | 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  w/Cesar | | 6:30 PM Hip Hop Dance w/Cesar | 6:30 PM  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 | <div style="border: 1px solid black; padding: 10px; text-align: center;"> ANYTHING GOES w/Anthony Any Day, Any Time, Anything Goes! Look out for posts! </div> | |
| | | | 7:45 PM YOGA w/Kate | 7:45 PM Cardio Craze w/Liz | | |