






ALPHA FITNESS GROUP CLASS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			7:30 AM SPIN w/Rachel		7:15 AM Dirty Dozen w/Lauren	
8:30 AM SPIN w/Lorraine	8:30 AM SPIN w/Patti	8:30 AM RIP N' RIDE w/Tanya	8:30 AM Cardio Core Barre w/Rachel	8:30 AM You -vs- You w/Steff	8:30 AM Metcon 4 w/Patti	8:30 AM SPIN w/Rachel
9:30 AM  w/Cesar	9:30 AM R.E.P.S. w/Rachel	9:30 AM 3Twenty w/Patti	9:30 AM Step & Core w/Steff	9:30 AM ABSolutely Pilates w/Rachel	9:30 AM SPIN w/Patti	9:30 AM R.E.P.S. w/Rachel
	10:30 AM Defy Gravity w/ Tonya	9:30 AM Kickboxing w/Steff				10:30 AM YOGA w/Adrienne
			1:00 PM Little Alphas Bootcamp w/Anthony			
	4:30 PM Barre Bootcamp w/Rachel	4:30 PM SPIN w/Lindsay	4:30 PM Bootcamp w/Lauren	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/Lorraine	5:30 PM Tabata w/Lindsay	5:30 PM Hip Hop Dance w/Cesar	
	5:30 PM Hit & Fit Boxing w/Anthony	5:30 PM Kickboxing w/Sam	5:30 PM Hit & Fit Boxing w/Anthony	5:30 PM Kickboxing w/Sam		
	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)		7:45 PM YOGA w/Caitlin		ANYTHING GOES w/Anthony Any Day, Any Time, Anything Goes! Look out for posts!	