

ALPHA FITNESS GROUP CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM SPIN W/ AMY 60 MIN.	8:30 AM BARBELL STRENGTH W/ LORRAINE 60 MIN.	8:30 AM SPIN W/ LORRAINE 60 MIN.	8:30 AM BOOTCAMP W/ DANIELLE 60 MIN.		8:30 AM ALPHA STRONG W/ ANTHONY 45 MIN.	8:15 AM SPIN W/ LORRAINE 60 MIN.
					9:30 AM HIT & FIT W/ ANTHONY 60 MIN.	9:30 AM ZUMBA W/ CESAR 60 MIN.
	4:30 PM TRX W/ ANDREA 45 MIN.		4:30 PM MUSCLE UP W/ AMY 45 MIN.			
5:30 PM BARBELL STRENGTH W/ LORRAINE 45 MIN.	5:30 PM ALPHA STRONG W/ ANTHONY 45 MIN.	5:30 PM KICK- BOXING W/ STEFF 45 MIN.	5:30 PM TABATA W/ LINDSAY 45 MIN.	5:30 PM HOLY HIIT W/ NICOLE 60 MIN.		
6:30 PM HIT & FIT W/ ANTHONY 60 MIN.	6:30 PM SPIN STRETCH & CORE W/ DONNA 60 MIN.	6:30 PM TOTAL STRENGTH W/ SAM 60 MIN.	6:30 PM ZUMBA W/ CESAR 60 MIN.			

