

ALPHA FITNESS GROUP CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:00 AM STRAIGHT SETS W/ STEFF 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.
12:10 PM HIT & FIT W/ ANTHONY 40 MIN.	12:10 PM TABATA W/ LINDSAY 40 MIN.	12:10 PM ALPHA STRONG W/ ANTHONY 40 MIN.	12:10 PM KICKBOXING W/ LINDSAY 40 MIN.	12:10 PM ZUMBA W/ AMY 40 MIN.		
	4:30 PM STEP INTERVAL W/ LORRAINE 45 MIN.	4:30 PM SPIN W/ AMY 45 MIN.	4:30 PM MUSCLE UP W/ AMY 45 MIN.			
5:30 PM BARBELL STRENGTH W/ LORRAINE 45 MIN.	5:30 PM SPIN W/ DONNA 45 MIN.	5:30 PM KICKBOXING W/ STEFF 45 MIN.	5:30 PM TABATA W/ LINDSAY 45 MIN.			
6:30 PM HIT & FIT W/ ANTHONY 60 MIN.	6:30 PM ALPHA STRONG W/ ANTHONY 60 MIN.	6:30 PM TOTAL STRENGTH W/ SAM 60 MIN.	6:30 PM ZUMBA W/ CESAR 60 MIN.			

