



# ALPHA FITNESS GROUP CLASS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>7:30 AM SPIN w/Rachel</b>			
<b>8:30 AM SPIN w/Lorraine</b>	<b>8:30 AM SPIN w/Patti</b>	<b>8:30 AM 3Twenty w/Patti</b>	<b>8:30 AM Cardio Core Barre w/Rachel</b>	<b>8:30 AM You-vs-You w/Steff</b>	<b>8:30 AM Metcon 4 w/Patti</b>	<b>8:30 AM SPIN w/Rachel</b>
<b>9:30 AM  ZUMBA w/Cesar</b>	<b>9:30 AM R.E.P.S. w/Rachel</b>	<b>9:30 AM Kickboxing w/Steff</b>	<b>9:30 AM Step &amp; Core w/Steff</b>	<b>9:30 AM ABSolutely Pilates w/Rachel</b>	<b>9:30 AM SPIN w/Patti</b>	<b>9:30 AM R.E.P.S. w/Rachel</b>
	<b>4:30 PM Barre Bootcamp w/Rachel</b>	<b>4:30 PM SPIN w/Lindsay</b>	<b>4:30 PM Barbell Blast w/Lorraine</b>	<b>4:30 PM SPIN w/Lindsay</b>	<b>4:30 PM SPIN w/Ron</b>	<b>10:45 AM YOGA w/Daria</b>
	<b>5:30 PM SPIN w/Lorraine</b>	<b>5:30 PM S-A-T Sculpt &amp; Tone w/Lindsay</b>	<b>5:30 PM SPIN w/Lorraine</b>	<b>5:30 PM Tabata w/Lindsay</b>	<b>5:30 PM Hip Hop Dance w/Cesar</b>	
	<b>5:30 PM Hit &amp; Fit Boxing w/Anthony</b>	<b>5:30 PM Kickboxing w/Sam</b>	<b>5:30 PM Hit &amp; Fit Boxing w/Anthony</b>	<b>5:30 PM Kickboxing w/Sam</b>		
	<b>6:30 PM  ZUMBA w/Cesar</b>		<b>6:30 PM Hip Hop Dance w/Cesar</b>	<b>6:30 PM  ZUMBA w/Cesar</b>		
	<b>6:45 PM Hard Core w/Anthony (30 Minutes)</b>					
	<b>7:45 PM YOGA w/Daria</b>		<b>7:45 PM YOGA w/Daria</b>			
					<b>ANYTHING GOES w/Anthony</b> <i>Any Day, Any Time, Anything Goes!</i> <i>Look out for Posts!</i>	