




TRU FIT

ATHLETIC CLUBS

MIDWAY MAY GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 5:15 a.m. HEATHER J.	 5:15 a.m.** HEATHER	 5:15 a.m. BRANDY	 5:15 a.m. BROOKE	 5:15 a.m. BRANDY		
	 5:45 a.m.** HEATHER					
 8:30 a.m. GINA	 8:30 a.m. NANCY	 8:30 a.m.** MARY	 8:30 a.m. DORIE	 8:30 a.m. MONICA	 8:30 a.m. JESSICA B.	
		 9:00 a.m.** MARY				
BARRE  9:30 a.m. BRITNI.	 9:30 a.m. KARA	BARRE  9:30 a.m. JESSICA S.	 9:30am NANCY	BARRE  9:30 a.m. BRITNI.	HOT YOGA  9:30 a.m. JESSICA S.	 1:30 p.m. DORIE
HOT YOGA  10:30am JESSICA S.	 10:30 am NORMA	GENTLE YOGA  10:30 a.m. JESSICA S.	 10:30 a.m. NORMA	YOGA  10:30 a.m. HEATHER J.	POUND <small>ROCKBUT. WORKOUT.</small> 11:00 a.m. MAGGIE	Meditative Yoga  2:30p.m. HEATHER J.
		YOGA EXPRESS  12:15-12:45p.m HEATHER J.				
		BARRE  4:30 p.m. SHELLI				
RAISED BARRE 5:30 p.m. REBECCA	POUND <small>ROCKBUT. WORKOUT.</small> 5:00 p.m. MAGGIE	 5:30 p.m. JESSICA B.	 5:00 p.m. MICHAELA	RAISED BARRE 5:00 p.m. REBECCA		
 6:30 pm BROOKE	YOGA  6:00 p.m. JESSICA S.	 6:30 p.m. BROOKE	 6:00 p.m. JESSICA S.	 6:00 p.m. BROOKE/STAFF		
	 7:00 p.m. GLADYS	POUND <small>ROCKBUT. WORKOUT.</small> 7:30 p.m. GLADYS	 7:00 p.m. GLADYS			

