



ANYTIME FITNESS

MAPLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15-10:15 AM PILATES NATASHA	8:15-9:15 AM SPIN DANIELLE	9:15-10:15 AM CHISEL CHRIS	9:15-10:15 AM YOGA LINA	8:15-9:15 AM SPIN DANIELLE	9:00-10:00 AM CHISEL MELISSA
	9:15-10:15 AM YOGA LINA		9:00-10:00 AM GROUP TRAINING *PAID PROGRAM*	9:15-10:15 AM CHISEL MICHELLE/NATASHA	
	9:00-10:00 AM GROUP TRAINING *PAID PROGRAM*				
EVENING CLASSES					
6:00 - 7:00 PM GROUP TRAINING *PAID PROGRAM*			6:00 - 7:00 PM GROUP TRAINING *PAID PROGRAM*		
6:00-7:00 PM SPIN JOSIE	6:00-7:00 PM YOGA LINA	6:00-7:00 PM GLUTES & ABS MELISSA	6:00-7:00 PM SPIN SABRINA	6:00-7:00 PM ZUMBA CLAUDIA	
7:00-8:00 PM GLUTES & ABS MELISSA	7:00-8:00 PM SPIN ANGIE	7:00-8:00 PM SPIN ANGIE	7:00-8:00 PM SHED SABRINA	SUMMER 2018 GROUP EXERCISE SCHEDULE IF YOU HAVE ANY QUESTIONS OR FEEDBACK PLEASE CONTACT US AT: ROSE.CAPAROTTA@ANYTIMEFITNESS.COM	
8:00-9:00 PM YOGA LINA	8:00-9:00 PM SHED ANGIE	8:00-9:00 PM ZUMBA CLAUDIA	8:00-9:00 PM YOGA LINA		