



ANYTIME FITNESS[®]

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15-10:15 AM YOGA LINA	8:15-9:15 AM SPIN JOSIE	9:15-10:15 AM CHISEL CHRIS	9:15-10:15 AM YOGA LINA	8:15-9:15 AM SPIN MICHELLE	9:00-10:00 AM YOUTH TRAINING *PAID PROGRAM*
	9:15-10:15 AM GROUP TRAINING *PAID PROGRAM*		9:15-10:15 AM GROUP TRAINING *PAID PROGRAM*	9:15-10:15 AM CHISEL MICHELLE	9:00-10:00 AM CHISEL MELISSA
EVENING CLASSES					
	6:00-7:00 PM KICK BOXING MARK	6:00-7:00 PM YOUTH TRAINING *PAID PROGRAM*	6:00 - 7:00 PM GROUP TRAINING *PAID PROGRAM*		
6:00 - 7:00 PM GROUP TRAINING *PAID PROGRAM*	7:00-8:00 PM GROUP TRAINING *PAID PROGRAM*	6:00-7:00 PM GLUTES & ABS MELISSA	6:00-7:00 PM SPIN SABRINA		
7:00-8:00 PM SPIN & TONE ANGIE	7:00-8:00 PM SPIN ANGIE	7:00-8:00 PM SPIN MELISSA/MICHELLE	7:00-8:00 PM ZUMBA CLAUDIA	<div style="text-align: center;"> <h2>FALL SCHEDULE 2019</h2> <p>IF YOU HAVE ANY QUESTIONS OR FEEDBACK PLEASE CONTACT US AT: ROSE.CAPAROTTA@ANYTIMEFITNESS.COM</p> </div>	
8:00-9:00 PM YOGA LINA	8:00-8:30 PM TONE ANGIE	8:00-9:00 PM ZUMBA CLAUDIA	8:00-9:00 PM YOGA LINA		