PLAN
MOTIVATE
EMPOWER

GROUP FITNESS SCHEDULE – Effective September 18th, 2017

16910 SR 507 Yelm, WA 98597
(360) 400 - 4000

MORNING	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday
9:30 AM	CARDIO CRUSH Christine	YOGA Christine		REVOLUTION Christine	ZUMBA Ashley	8:00 AM	RIPPED Megan
10:30 AM			TABATA EXPRESS Ashley	Stretch It Out EXPRESS Roxi		9:00 AM	MIXXEDFIT Ashley
EVENING	Monday	Tuesday	Wednesday	Thursday	Friday		
6:00 PM			Kickboxing Zac				

CLASSES ARE 1 HOUR
***EXPRESS* CLASSES ARE 30 MINUTES**

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WWW.FITSTOP24.COM