PLAN
MOTIVATE
EMPOWER

GROUP FITNESS SCHEDULE – Effective February 6, 2017

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

MORNING	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday
8:30 AM		RIPPED Megan				8:00 AM	RIPPED Megan
9:30 AM	ZUMBA MIXXEDFIT FUSION Ashley	YOGA Christine		REVOLUTION Christine	ZUMBA Ashley	9:00 AM	MIXXEDFIT Ashley
10:30 AM			TABATA EXPRESS Ashley	Stretch It Out EXPRESS Roxi			
EVENING	Monday	Tuesday	Wednesday	Thursday	Friday		
4:15 PM	YOGA Christine						
6:00 PM		MIXXEDFIT Ashley	Kickboxing Zac				

Classes are 1 Hour
Express Classes are 30 Minutes

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WWW.FITSTOP24.COM