













Group Fitness Schedule as of WINTER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>*SPIN & STRENGTH 5:45 AM (45 min) Kim</p> <p>*SPIN 9:15 AM (60 min) Cindy</p> <p> BODYPUMP 9:15 AM (60 min) Jen</p> <p>TRIPLE A Arms + Abs + A\$\$ 10:30 AM (30 min) Vanessa</p> <p> BODYPUMP 5:30 PM (60 min) Noreen</p> <p>*SPIN 6:45 PM (45 min) Jen</p>	<p> BODYPUMP 5:30 AM (60 min) Debbie</p> <p>STEP IT UP! 9:15 AM (60 min) Dawn</p> <p>KOR POWER 10:30 AM (60 min) Dawn</p> <p>YOGA 5:30 PM (60 min) (Ron)</p> <p>PIYO 6:45 PM (45 min) Danielle</p>	<p>BOOT CAMP 5:45 AM (60 min) Vanessa</p> <p> BODYPUMP 8:15 AM (45 min) Jen</p> <p>*SPIN 9:15 AM (60 min) Debbie</p> <p>PIYO 9:15 AM (60 min) Danielle</p> <p> P90X 5:30 PM (60 min) Danielle</p> <p> ZUMBA 7:00 PM (60 min) Danielle</p>	<p>*SPIN 5:45 AM (45 min) Debbie</p> <p>KOR KOMBAT 9:15 AM (60 min) Trish</p> <p>YOGA FLOW 10:30AM (60 min) RON</p> <p> STRONG by Zumba 5:45 PM (60 min) Danielle</p> <p> BODYPUMP 7:00 PM (60 min) Jen</p>	<p> BODYPUMP 9:15 AM (60 min) Debbie</p> <p>*SPIN 9:15 AM (60 min) Jen</p> <p>FUN FRIDAY (functional conditioning) 10:30 AM (30 min) Jen *all levels welcome</p> <p>*SPIN 6:15 PM (45 min) Jen :</p>	<p> ZUMBA 8:00 AM (45 min) Danielle</p> <p>20-20-20 9:00 AM (60 min) Instructors Alternate</p>	<p>*SPIN 9:00 AM (60 min) Instructors Alternate</p> <hr/> <p>*Sign-up required for Spin class. Sign-up begins day before class. Please call the gym to reserve. 973-506-7060 OR TEXT 862-377-4487</p> <hr/> <p>Class descriptions are on our website www.korfitness.net</p>

KOR Fitness Location
Bearfort Shopping Center
1616G Union Valley Road
West Milford, NJ 07480

www.korfitness.net
973-506-7060
info@korfitness.net

KOR Fitness Hours
Monday – Sunday: 5 AM to 10 PM

 <https://www.facebook.com/korfitnessNJ>