

GROUP FITNESS CUFIT PASS

FALL 2017 & WINTER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Express Boot Camp 7:00 - 7:45	Butt & Gutt 7:00 - 7:45	Boot Camp 7:00 - 8:00	Butt & Gutt 7:00 - 7:45	Boot Camp 7:00 - 8:00		
Bands & Buns 10:00 - 11:00	20/20/20 9:30 - 10:45	Top Guns, Rock Bottom 10:00 - 11:00	Step Fusion 9:30 - 10:45	Fitness Ball 10:00 - 11:00	Weekend Warriors 9:00 - 10:00	Boot Camp 10:00 - 11:00
Insanity Live 12:05 - 12:55	Tabata 12:10 - 12:50	Muscle Mix 12:05 - 12:55	Express Boot Camp 12:10 - 12:50	Zumba 12:05 - 12:55		Zumba 12:30 - 1:30
Functional Movement 12:05 - 12:55	Zumba 12:05 - 12:55			Step 12:05 - 12:55		
Cardio Fusion 4:15 - 5:00	CIZE Live 5:00 - 6:00	Cardio Fusion 4:45 - 5:30	Zumba 5:00 - 6:00	Cardio Jam 4:30 - 5:30		
Top Guns 5:00 - 6:00	CORE DE FORCE LIVE 6:00 - 7:00	Just Lift 6:00 - 7:00	Power Step & Core 6:00 - 7:00	20/20/20 5:30 - 6:30		
Zumba 5:00 - 6:00	Power Core 8:00 - 9:00	Aerobic Kickboxing 7:30 - 8:30	H.I.L.T 6:30 - 7:30	Drums Alive 7:00 - 8:00		
			Aqua Zumba 8:10 - 9:05			

Combatives Room

Yoga Room

Multi-Purpose Room

Pool