

Brandon Courthouse- Group Exercise Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPIN 5:15AM Eric	BootCamp X 5:15AM Jodie	Bodypump 5:15AM Shellie	BootCamp X 5:15AM Stephanie	SPIN 5:15AM Eric		
Bodypump 6:00AM Heather	CXWORX 6:00AM Jodie		CXWORX 6:00AM Stephanie			
					Spin 8:15AM	
Bodypump 8:30 Jodie	Kick It 8:30 Shellie	H.E.A.T. 8:30 Heather	Bodypump 8:30 AM Shellie	CXWORX 8:30 Georgette		
Spin 9:20AM Shellie		CXWORX 9:00 Heather		H.E.A.T. 9:00 Georgette	Bodypump 9:00 AM	
	Pilates 9:15AM Brandi				*Cardio Rotation 10:00	*Bootcamp *Zumba
	Silver Sneakers 10:00-Michele		Silver Sneakers 10:00-Michele			
CXWORX 12:15 Heather		CXWORX 12:15 Nicole				
						Spin 2:30PM
						CXWORX or Bodypump 3:30
	Bodypump 4:45PM Harry	CXWORX 4:30 Shellie	Bodypump 4:45PM Heather			
BootCamp 5:00PM Stephanie		Spin 5:00PM Shellie				
	Abs 5:30pm Audrey		Abs 5:30pm Heather			
Spin 5:45PM Kathy	Spin 5:45PM Harry	BootCamp 5:45PM Shellie	Kick It 5:45 Olga			
Zumba 5:45 Allison	Zumba 5:45 Paula					
Bodypump 6:30PM Stephanie	CXWORX 6:30 Harry		Yoga 6:30 Julie			