GROUP EXERCISE
May 2018

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CLUB ONE FITNESS

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
EAST END													
6:15	BodyPump	5:00	*SGT* $	5:30	Spin	5:00	*SGT* $	6:15	BodyPump	7:00	*SGT* $	8:45	SRO
7:30	BodyPump X	6:15	Pilates Fuse	6:15	BodyPump	6:15	Pilates X	8:30	Zumba	8:15	FlashDance	9:00	Yoga-Karma
8:30	Zumba	8:30	Pump	7:30	BodyPump X	8:30	Pump	9:00	Pilates-Primer	8:45	Spin	10:00	BodyPump
9:00	Yoga-Kunda	8:30	Zumba	8:30	Zumba	9:00	Bodiography	10:00	Yoga-Karma	10:00	Calorie Killer	10:45	Spin
9:15	DIESEL	9:30	Piloxing	9:15	DIESEL	10:00	Spin	12:00	Zumba	10:00	BodyPump	11:30	Pilates Fuse
9:30	BodiographyX	10:00	Spin	9:30	Bodiography	12:00	Zumba	1:30P	YogaChair-Beg	11:00	Spin	1:00P	LeagueTT
10:15	Yoga-Raja	11:15	Chi Gong	9:35	Meditation	1:15P	Silver&Fit	3:00p	YogaChair-Adv	11:30	Zumba Jam		
10:15	BodyPump	1:15P	Silver&Fit	10:00	Yoga-Raja	4:30P	Zumba	4:30P	Zumba	12:00	Som. Yoga		
12:00	Zumba	4:30P	HipHop	12:00	Zumba	5:00P	Spin			12:30	Hip Hop		
1:00P	ZumbaTone30	5:30P	Pilates	1:00P	Zumba Core	5:30P	BodyPump						
4:15P	DIESEL	5:30P	HIIT	2:00P	Zumba Gold	6:25P	LeagueTT						
5:00P	CycleBurn			4:15P	DIESEL	6:30P	BodyFlow						
5:55P	Spin			5:00P	Boom HipHop								
6:00P	BodyPump			6:00P	CycleBurn								
EAST END AQUATICS													
9:30	Level2-Med	7:00	Level2-Med	9:30	Level2-Med	7:00	Level2-Med	9:30	Level2-Med				
12:00	Level1-Low	8:30	Level2-Med	12:00	Level1-Low	8:30	Level2-M/Hi	12:00P	Arthritis				
6:00P	Level3-M/Hi	6:00P	Level3-M/Hi	6:00P	Level3-M/Hi	6:00p	Level 3 M/HI	4:00P	Level3-M/Hi				
FOX CHAPEL													
9:00	Bodiography	9:00	Spin	9:00	Strength Circ	9:00	Piyo	8:30	Spin	8:00	Yoga	8:30	ZumbaTone
10:00	Zumba	9:30	hardCORE	10:00	Zumba	10:00	Sculpt	9:00	PHYSIQ *	9:30	Bodiography	9:30	Pump
11:30	Silver&Fit	10:00	YogaFit	10:00	Yoga Restore	11:30	Silver&Fit	10:00	Piloxing X	10:30	Zumba	10:30	Yoga
5:30P	MixxedFit	10:00	Sculpt	5:30P	Zumba	5:30P	20/20/20	10:30	Yoga Restore				
		5:30P	Pump Plus					10:45	ZumbaTone30				
								5:30P	MIXXED FIT				

East End: 6325 Penn Avenue Pittsburgh Pa 15206 412-362-4806
Monday-Thursday 5:30am-10:00pm Friday 5:30am-9:00pm
Saturday/Sunday 8:00am-6:00pm

Fox Chapel: 921 Freeport Road Pittsburgh Pa 15238 412-782-4800
Monday-Friday 5:30am-9:00pm
Saturday/Sunday 7:00am-6:00pm