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| ***Winter*** | ***RESULTS GYM & FITNESS - CLASS SCHEDULE*** | | | | | ***2020*** |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| ***5:00 AM*** | Sculpt  Amie | HIGH  FITNESS  Britani | Cycling  Mailee | RUMBLE  Amie | RIPPED  Amie | 7:00AM  Sculpt  Amie |
| ***6:00 AM*** |  |  | Wake Up & Flow  Amie |  |  |  |
| ***8:30 AM*** | Turbo Kick  Amy C | Zumba  Amie | RUMBLE  Amie | Sculpt  Amie | PIYO  Amy C | RIPPED  Amie |
| ***9:45 AM*** |  | HIIT \*  Julie | Yoga  Stephanie | HIIT \*  Ashleigh |  | HIIT \*  **Rot. Instructor** |
| Zumba Gold  Melanie | Seniors Strength  Mailee | Seniors Strength  Mailee | Seniors in Motion  Sheree |  |
| ***5:30 PM*** | RIPPED  Amie | Cycling  Alex |  | HIGH  Fitness  Britani | ***Kids Clubhouse Hours***  *Mon-Sat*  *8:30 – 11:00 AM*  *Mon-Thurs*  *5:30 – 8:00 PM*  ***\* Training Center Room*** | |
| ***6:30 PM*** | Zumba  Melissa | Yoga  Sheree | HIGH  FITNESS  Kylie | Yoga  Sheree |
| ***Training center***  ***6:30 PM*** |  | HIIT \*  Julie | Fighter Fit \*  Brandon | HIIT \*  Alex |
|  |  |  |  |  | **435-257-3333** | |

***Winter Class Schedule***

***Begins on***

***Thursday January 2nd***