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| ***Winter*** | ***RESULTS GYM & FITNESS - CLASS SCHEDULE*** | ***2020*** |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| ***5:00 AM*** | SculptAmie | HIGHFITNESSBritani | CyclingMailee | RUMBLEAmie | RIPPEDAmie | 7:00AM SculptAmie |
| ***6:00 AM*** |  |  | Wake Up & FlowAmie |  |  |  |
| ***8:30 AM*** | Turbo KickAmy C | ZumbaAmie | RUMBLEAmie | SculptAmie | PIYOAmy C | RIPPEDAmie |
| ***9:45 AM*** |  | HIIT \*Julie | YogaStephanie | HIIT \*Ashleigh |  | HIIT \***Rot. Instructor** |
| Zumba GoldMelanie | Seniors StrengthMailee | Seniors StrengthMailee | Seniors in MotionSheree |  |
| ***5:30 PM*** | RIPPEDAmie | CyclingAlex |  | HIGHFitnessBritani | ***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 | HIGHFITNESSKylie | YogaSheree |
| ***Training center******6:30 PM*** |  | HIIT \*Julie | Fighter Fit \*Brandon | HIIT \*Alex |
|  |  |   |  |   | **435-257-3333** |

***Winter Class Schedule***

***Begins on***

 ***Thursday January 2nd***