Group Fitness Schedule

Medical Dental Building (MDB)

511 Olive Way Seattle, WA 98101 (206) 629-9998

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Cycle (2) Jon		Cycle (2) Jon				
6:15 PM		Core Strength (1) George		Core Strength (1) George			
6:30 PM		Ttl Body Cond (1) George		Ttl Body Cond (1) George			
7:00 AM	Yoga Flow (3) Janna		Yoga Flow (3) Janna				
9:00 AM							Core Strength (1) George
9:30 AM						Zumba (1) Patricia/Barbara	Survivor (1) George
10:15 AM							Zumba (1) George
10:30 AM						Yoga Flow (3) Heather	Yoga Flow (3) Elizabeth
11:00 AM	Zumba (3) Heather		Zumba (3) Heather				
11:10 AM		Ttl Body Cond(1) Beverly		Ttl Body Cond (1) Beverly			
12:00 PM	Turbo Kick Box (1) Beverly		Turbo Kick Box (1) Beverly		Survivor (1) Group X Instructor		
12:00 PM	Yoga Flow (3) Jennifer	Yoga Flow (3) Christina	Yoga Flow (3) Karen	Yoga Flow (3) Sherry	Yoga Flow (3) Jennifer		
12:05 PM		Ttl Body Cond (1) Beverly		Ttl Bdy Cond (1) Beverly			
12:10 PM	Cycle (2) Tommy	Cycle (2) Priscilla	Cycle (2) Kempton	Cycle (2) Stacy	Cycle (2) Aina		
12:15 PM		Ult. Kick Box (4) Lauren		Ult. Kick Box (4) Lauren			
1:00 PM	Ttl Body Cond (1) Group X Instructor		Ttl Body Cond (1) Group X Instructor				
1:05 PM		Pilates Mat (3) Priscilla		Pilates Mat (3) Stacy			
1:10 PM	Tread 'n' Shed (5) George		Tread 'n' Shed (5) George				
5:15 PM	Zumba (1) George		Zumba (1) George				
5:30 PM	Yoga Flow (3) Stephanie	Yoga Flow (3) Annie	Yoga Flow (3) Karen	Yoga Flow (3) Heather			
5:30 PM		Urban Movmnt (1) Sunrose		Ttl Body Cond (1) Jon			
5:45 PM	Cycle (2) Julie	Cycle (2) Erin	Cycle (2) PJ	Cycle (2) Jamie			
6:00 PM	Core Strength (1) George		Core Strength (1) George				
6:15 PM	Ult Kick Box (4) Deborah		Ult Kick Box (4) Deborah				
6:30 PM	Ttl Body Cond (1) George	Zumba (1) Nelson	Ttl Body Cond (1) George	Zumba (1) Nelson			

(1) Aerobic Studio (2) Cycle Studio (3) Yoga Studio (4) Kick Box Studio/3rd Floor (5) Treadmills/3rd Floor

15 Minutes **30 Minutes** **45 Minutes** **60 Minutes**

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