

GROUP CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
05:30 AM HYBRID FITNESS W/RILEE	06:00 AM WEIGHT LIFTING W/JAROM	05:30 AM HYBRID FITNESS W/RILEE	06:00 AM WEIGHT LIFTING W/JAROM	05:30 AM HYBRID FITNESS W/RILEE	07:00 AM WEIGHT LIFTING W/DANE
	07:15 AM WEIGHT LIFTING W/JAROM		07:15 AM WEIGHT LIFTING W/JAROM		08:15 AM WEIGHT LIFTING W/DANE
04:00 PM TEEN WEIGHT LIFTING W/JAROM		04:00 PM TEEN WEIGHT LIFTING W/JAROM		04:00 PM TEEN WEIGHT LIFTING W/JAROM	
07:00 PM HYBRID FITNESS W/STEVE		07:00 PM HYBRID FITNESS W/MEAGHAN		07:00 PM HYBRID FITNESS W/STEVE	
	07:30 PM WEIGHT LIFTING W/NATHAN		07:30 PM WEIGHT LIFTING W/NATHAN		

VITALOGY

FITNESS • NUTRITION • WELLNESS