

Group Fitness Schedule February 2023						FALLBROOK (p) Director I
12 SUN	13 MON	14 TUE	15 WED	16 THU	17 FRI	18 SAT
Pound® 2:00 PM Lydia D.	Boot Camp 5:15 AM Carla Z.	Boot Camp 5:15 AM Jim D.	Group Cycling 5:15 AM Carla Z.	Boot Camp 5:15 AM Tyler W.	Group Cycling 5:15 AM Carla Z.	Water Fit Shallow 8:00 AM Wendy H.
Yoga 3:00 PM Amy A.	Water Fit Shallow 8:00 AM Diana S.	Water Fit Shallow 5:30 AM Wendy H.	Water Fit Shallow 8:00 AM Tonya S.	Water Fit Shallow 5:30 AM Wendy H.	Step 8:30 AM Rotation 1.	Power C.S.I. 8:30 AM Rotation 1.
	Step 8:30 AM Renee E.	Strength Training 8:30 AM Amber H.	Yoga 8:30 AM Iryna P.	Strength Training 8:30 AM Amber H.	Water Fit Shallow 9:30 AM Diana S.	Cycling Fusion® 9:30 AM Ashley D.
	Water Fit Shallow 9:30 AM Tonya S.	Water Fit Shallow 9:30 AM Janalynn M.	Water Fit Shallow 9:30 AM Tonya S.	Kickboxing 9:30 AM Natasha K.	Yoga 9:30 AM Maggie A.	Yoga 10:00 AM Rotation 1.
	Yoga 9:30 AM Iryna P.	Yoga 9:30 AM Chrissy M.	Boot Camp 9:30 AM Becca M.	Water Fit Shallow 9:30 AM Tonee E.		MixedFit® 11:00 AM Sydney H. Michelle .
	Fit for Life- Cardio/Strength 11:00 AM Tonya S.	Boot Camp 12:15 PM Johnathon H.	Fit for Life- Cardio/Strength 11:00 AM Tonya S.	Group Cycling 9:30 AM Suzi O.		
	Boot Camp 12:15 PM Suzi O.	Pound® 5:30 PM Nikki D.	Boot Camp 12:15 PM Kevin K.	Boot Camp 5:30 PM Nate H.		
	POP Pilates 5:30 PM Alana F.	Group Cycling 5:30 PM Amber H.	Boot Camp 4:30 PM Jodie J.	Cycling Fusion® 5:30 PM Lauren F.		
	Cycling Fusion® 5:30 PM Emily W.	MixedFit® 6:30 PM Sydney H.	Boot Camp 5:30 PM Ashley D. Johnathon .	MixedFit® 6:30 PM Sydney H. Michelle .		
	Yoga 6:30 PM Kari M.		Water Fit Shallow 5:40 PM Becky M.			
			Yoga 6:30 PM Amy A.			