



Group Fitness Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Fusion Heat 6:00p – 7:00p	Fusion Heat 6:00a – 7:00a	Fusion Heat 7:10p – 8:10p	Turbokick 6:00p – 7:00p	Fusion Heat 6:00a – 7:00a	The Captains Challenge 8:30a – 9:30a
	Fusion Heat 6:00p – 7:00p	Fusion Heat 6:00a – 7:00a	Fusion Heat 7:10p – 8:10p	Turbokick 6:00p – 7:00p	Fusion Heat 6:00a – 7:00a	The Captains Challenge 8:30a – 9:30a
	Fusion Heat 6:00p – 7:00p	Fusion Heat 6:00a – 7:00a	Fusion Heat 7:10p – 8:10p	Turbokick 6:00p – 7:00p	Fusion Heat 6:00a – 7:00a	The Captains Challenge 8:30a – 9:30a
	Fusion Heat 6:00p – 7:00p	Fusion Heat 6:00a – 7:00a	Fusion Heat 7:10p – 8:10p	Turbokick 6:00p – 7:00p	Fusion Heat 6:00a – 7:00a	The Captains Challenge 8:30a – 9:30a
	Fusion Heat 6:00p – 7:00p	Fusion Heat 6:00a – 7:00a	Fusion Heat 7:10p – 8:10p	Turbokick 6:00p – 7:00p	Fusion Heat 6:00a – 7:00a	The Captains Challenge 8:30a – 9:30a