



## Lakewood Ranch Group Fitness Schedule

	<b>Monday 5/25</b>	<b>Tuesday 5/26</b>	<b>Wednesday 5/27</b>	<b>Thursday 5/28</b>	<b>Friday 5/29</b>
<b>7:00am</b>		GRIT - Natasha	Cycle – Cindy	GRIT - Carol	Cycle - Carmen
<b>8:00am</b>		Yoga - Val	BodyAttack - Carol	Yoga - Gerry	BodyCombat - Erika
<b>9:00am</b>		SPRINT - Kelly	BollyX - Megha	SPRINT - Kelli	Zumba - Natalie
<b>5:00pm</b>		GRIT - Nicole	Yoga - Mishann	BodyAttack - Megha	
<b>6:00pm</b>		Cycle – Carmen	SPRINT - Erika	Cycle – Cindy	
<b>7:00pm</b>		Zumba – Yolanda	Zumba – Dasha	BodyCombat - Amanda	