



LAKEWOOD RANCH – GROUP FITNESS SCHEDULE (WEEK OF MAY 18TH THROUGH MAY 20TH)

Monday 5/18	Tuesday 5/19	Wednesday 5/20	Thursday 5/21	Friday 5/22
		7:30 AM – 8:15 AM CYCLE	7:00 AM – 7:30 AM GRIT	7:00 AM – 7:30 AM SPRINT
		9:00 AM – 9:45 AM BODTATTACK	8:00 AM – 8:45 AM YOGA	8:00 AM – 8:45 PM BODYCOMBAT
			9:00 AM – 9:45 AM SPRINT	9:00 AM – 9:45 AM DANCE
		4:30 PM – 5:15 PM YOGA	5:00 PM – 5:30 PM GRIT	
		6:30 AM – 7:00 PM SPRINT	6:00 PM – 6:45 PM CYCLE	
				7:00 PM – 7:45 PM BODYCOMBAT