



FALL RIVER GX



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM - 6:50AM CYCLE Liz	6:00AM - 6:50AM KETTLEBELL Liz		6:00AM - 6:50AM TABATA Liz		8:30AM-9:20AM YOGA/CYCLE Deb/Sue	
8:00AM - 8:50AM PURE STRENGTH Holly	9:00AM - 9:50AM CYCLE Liz	8:00AM - 8:50AM KICK and TONE Holly		8:00AM - 8:50AM CORE n STRETCH Holly	9:30AM-10:20AM KICK and TONE Liz	8:30AM-9:20AM CYCLE Liz
9:00AM-9:50AM ZUMBA Holly	9:00AM-9:50AM CORE and MORE Holly	9:00AM-9:50AM ZUMBA Holly	9:00AM-9:50AM PILATES FUSION Liz	9:00AM-9:50AM ZUMBA Holly	10:30AM-11:20AM ZUMBA Danielli	9:30AM-10:20AM VINYASA YOGA Stephanie
			10:00AM - 10:50AM PURE STRENGTH Liz		ZUMBA	
	4:30-5:20PM POWER VINYASA YOGA Deb		KETTLEBELL CIRCUIT		BABYSITTING HOURS MONDAY - FRIDAY 8:30AM-12:00PM / 4:30PM-8:30PM SATURDAY & SUNDAY 8:30AM-12:00PM	
5:30PM - 6:20PM PURE STRENGTH/ CYCLE Sue/ Linda A	5:30PM - 6:20PM TABATA/ CYCLE Tracy/ Sue	5:30PM - 6:20PM PURE STRENGTH Marcee	5:30PM - 6:20PM KETTLEBELL CIRCUIT/ CYCLE Liz/Victor	5:30PM - 6:20PM CYCLE Justin		
6:30PM - 7:20PM ZUMBA Linda B		6:30PM - 7:20PM ZUMBA Mossi	6:30PM - 7:20PM ZUMBA Danielli			
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Please Note: All classes are FREE to Platinum Members