

M	STUDIO	T	STUDIO	W	STUDIO	TH	STUDIO	F	STUDIO	SA	STUDIO	SU
CYCLE 6:00-6:45AM Clyde	1	BODY PUMP 6:00-7:00AM Tina	1	CYCLE 6:00-6:45AM Cindy	1	BODY PUMP 6:00-7:00AM Tina	1	CYCLE 6:00-6:45AM Tina	1	CYCLE 8:00-8:55AM Helen	1	PILATES 8:30-9:15AM Cindy
ZUMBA 8:30-9:15AM Karen	1	FAT BURNER 8:30-9:15AM Chris	1	BODYFLOW 8:30-9:30AM Monica	2	FAT BURNER 8:30-9:15AM Chris	1	BODY STEP 8:30-9:15AM Marilyne	1	STEP 9:15-10:15AM Kathy	1	
CORE CRAZY 9:15-9:45AM Karen	1	PILATES 9:20-10:05AM Amy	1	BODY STEP 8:15-9:10AM Marilyne	1	SILVER SNEAKERS 9:30-10:15AM Karen	1	PILATES 9:20-10:05AM Marilyne	1	BODY PUMP 10:15-11:15am Heather	1	
SILVER SNEAKERS YOGA 10:15-11:00AM Karen	1		1	ZUMBA 9:30-10:15AM Tony	1		1					
BODY SCULPTING 4:30-5:25PM Chris	1	CYCLE 4:30-5:25PM Cindy	1	BODY SCULPTING 4:30-5:25PM Darcy	1	CYCLE & FLOW 4:30-5:25PM Monica	1					
FAT BURNER (week 1&3) BURN & BUFF (week 2&4) 5:30-6:25PM Kathy	1	BODY PUMP 5:30-6:25PM Helen	1	STEP 5:30-6:25PM Kathy	1	BODY PUMP 5:30-6:25PM Heather	1					
BODY STEP 6:30-7:30PM Kathy	1	PILATES 5:30-6:30PM Cindy	2				2					
		ZUMBA 6:35-7:30PM Chastity	1			ZUMBA 6:35-7:30PM Chastity	1					



FLYING HILLS

fitness center • group fitness

CHB Sports, Inc

GROUP FITNESS SCHEDULE IS SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY OR BAD WEATHER. PLEASE WATCH UPDATES. WE SUGGEST SUBSCRIBING TO TEXT ALERTS FOR FAST NOTIFICATION OF SCHEDULE CHANGES: SIMPLY TEXT THE KEYWORD FlyingHills (all one word) to 844-83

LES MILLS
BODY PUMP



LES MILLS
BODYFLOW

LES MILLS
BODYSTEP

Effective February 2020

FLYING HILLS FITNESS CENTER WINTER GROUP EX SCHEDULE

STUDIO
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