

# SRF FITNESS SUMMER 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30am	FIT OVER FIFTY GLORIA		FIT OVER FIFTY GLORIA		FIT OVER FIFTY EVA		
8:30am	PILATES AMY	YOGA KILEY		BOOT CAMP TERRY		STEP GLORIA	
9:00am			STEP MARIA		CIRCUIT TRAINING GLORIA		<b>9:15</b> YOGA MICHELLE
9:30am	INTERVAL TRAINING TERRY G	MUSCLE MIX TERRY G		YOGA CHRIS			
5:30pm		LINE DANCING GLORIA	PILATES AMY K				
6:00pm							
6:30pm		YOGA KATHLEEN		YOGA MICHELLE			
7:30pm							
<b>S P I N - S P I N - S P I N</b>							
5:30am							
8:00am						JOSEPHINE	
8:45am		EASY RIDER JENN S (30 MINS)					
9:30am		JENN S		TERRY			
6:30pm	30/30 SPIN/YOGA MICHELLE						