

Group Fitness Schedule

St. Luke's West End Fitness & Sports Performance

Sunday 4/12	Monday 4/13	Tuesday 4/14	Wed. 4/15	Thursday 4/16	Friday 4/17	Saturday 4/18
8:00 am Metabolic Patrick	6:00 am Cycle Hali	5:30 am Body Sculpt Natalie*	5:30 am Wayback Warriors Mike	5:30 am Body Sculpt Natalie*	5:30 am Wayback Warriors Mike	8:00 am Metabolic John G.
8:15 am Cycle Alex	9:00 am Pilates Hali	6:15 am Metabolic John G.	6:00 am Cycle Hali	6:15 am Metabolic John G.	5:45 am Cycle Lorenza*	8:15 am Cycle Lorenza
				8:00 am Step It Up/ Lorenza		
9:30 am Cardio Sculpt Joanie	10:00 am Healthy Bones	9:00 am Metabolic Erin	8:00 am Cycle Lorenza	9:00 am Metabolic Erin	8:15 am Cycle Hali	9:30 am Zumba Krista
	10:30 am Retro Cardio Joanie	9:15 am Yoga Hali	9:15 am Body Sculpt Hali	9:15 am Yoga Hali	9:30 am Body Sculpt Janice	
	4:30 pm Body Sculpt Lorenza		10:00 am Mobility & Strength	10:30 am Cardio Sculpt Joanie	12:00 pm Mobility & Strength	
	5:30 pm Zumba Krista	5:30 pm Contemporary Pilates Kristy	12:00 pm Pilates Priscilla		4:30 pm Metabolic Brian Z.	
	6:00 pm Metabolic John G.	6:00 pm Metabolic Patrick	5:30 pm Zumba Krista	5:00 pm Body Sculpt Kristy	Metabolic and Functional Fitness classes are included in Elite Fitness Membership # Neuro Boxing requires signup & prescreening Thursdays 12:00 pm w/ Erin * Substitute Instructor	
	6:30 pm Pilates Kristy	7:00 pm Yoga Hali	6:00 pm Metabolic Brian Z.*	6:00 pm Functional Fitness Patrick		

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Sunday 4/19	Monday 4/20	Tuesday 4/21	Wed. 4/22	Thursday 4/23	Friday 4/24	Saturday 4/25
8:00 am Metabolic Patrick	6:00 am Cycle Hali	5:30 am Body Sculpt Sue	5:30 am Wayback Warriors Mike	5:30 am Body Sculpt Sue	5:30 am Wayback Warriors Mike	8:00 am Metabolic Maria*
8:15 am Cycle Alex	9:00 am Pilates Hali	6:15 am Metabolic John G.	6:00 am Cycle Hali	6:15 am Metabolic John G.	5:45 am Cycle Sue	8:15 am Cycle Lorenza
				8:00 am		
9:30 am Kickboxing Sue	10:00 am Healthy Bones	9:00 am Metabolic Erin	8:00 am Cycle Lorenza	9:00 am Metabolic Erin	8:15 am Cycle Hali	9:30 am Body Sculpt Kristy
	10:30 am Retro Cardio Joanie	9:15 am Yoga Hali	9:15 am Body Sculpt Hali	9:15 am Yoga Hali	9:30 am Body Sculpt Janice	
	4:30 pm Body Sculpt Lorenza		10:00 am Mobility & Strength	10:30 am Cardio Sculpt Joanie	12:00 pm Mobility & Strength	
	5:30 pm Zumba Krista	5:30 pm Contemporary Pilates Kristy	12:00 pm Pilates Priscilla		4:30 pm Metabolic Brian Z.	
	6:00 pm Metabolic John G.	6:00 pm Metabolic Patrick	5:30 pm Zumba Krista	5:00 pm Body Sculpt Kristy	Metabolic and Functional Fitness classes are included in Elite Fitness Membership # Neuro Boxing requires signup & prescreening Thursdays 12:00 pm w/ Erin * Substitute Instructor	
	6:30 pm Pilates Kristy	7:00 pm Yoga Hali	6:00 pm Metabolic Patrick	6:00 pm Functional Fitness Patrick		