

CLASS COLORS

STRENGTH/CARDIO

MIND + BODY

CYCLE

White Font = J Instructor

Black Font = Aspiria Instructor

JCC MACCABI GROUP FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:15 - 7:15 PM WERQ Kirsten/GF2	6:15- 6:45 PM BODYATTACK Elizabeth/GF1	6:15 - 7:15 PM WERQ Miranda/GF2	6:15 - 7:15 PM BODYPUMP Tiffany/GF1
6:15 - 7:15 PM Barre Aimee G.	6:15-7:15 JBOX Jamie/GF2	6:30 - 7:30 PM Yoga Erin	6:15 - 7:15 PM ZUMBA Ester/GF2
6:30 - 7:00 PM GRIT Elizabeth/GF1	6:30 - 7:15 PM GROUP CYCLE Nate	6:30 - 7:30 PM BodyPump Kristin/GF1	6:30 - 7:15 PM BODYBALANCE Elizabeth
6:30 - 7:15 PM GROUP CYCLE Sara G	6:30-7:30 PM Hot Yoga/JIP Eric	7:30 - 8:30 PM BODYCOMBAT Carolyn/GF2	6:30 - 7:15 PM GROUP CYCLE Julie
6:30 - 7:30 PM RowFit Laura B./Crossfit	6:45 -7:15PM BODYSTEP Elizabeth/GF1	7:45 - 8:30pm BP HEAVY Chelsey/GF1	7:30 - 8:30 PM JBOX Jamie/GF2
7:15 - 8:15 PM BodyPump Elizabeth/GF1	7:30 - 8:30 PM ZUMBA Maki/GF2	7:45 - 8:45 PM Candlelight Yoga Erin	7:30 - 8:15pm Les Mills TONE Tiffany/GF1
7:30 - 8:30 PM Yoga Anne			7:30 - 8:30 PM HOT YOGA/JIP Eric