



PRIMETIME FITNESS, INC.



GROUP FITNESS CLASS SCHEDULE SUMMER 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
AM 900 North Telshor	5:30am Cardio Combo 8:15am Step 9:00am Cycle \$ 9:15 am Yoga	5:10am Cycle \$ 5:30am ZUMBA fitness TONE 7:55 AM Buti Yoga 9:10am LESMILLS BODYPUMP	5:30am ZUMBA fitness Circuit 8:15am HiLo Aerobic 9:00am Cycle \$ 9:15am Yoga	5:10am Cycle \$ 5:30 am LESMILLS BODYPUMP 7:55 AM ZUMBA fitness 9:10am LESMILLS BODYPUMP	5:30 am Bend Balance* 6:00am Cycle \$ 8:15am Step 9:30am LESMILLS BODYPUMP	Saturday 8:00am Cycle \$ 8:00am LESMILLS BODYPUMP 9:10am ZUMBA fitness 10:15am Yoga Sunday 8:10am Cycle \$
	PM 900 North Telshor	5:30pm LESMILLS BODYPUMP 5:45pm Cycle\$ 6:40pm MIXXED FIT	5:30pm Boot Camp 6:40pm ZUMBA fitness	5:30pm LESMILLS BODYPUMP 5:45pm Cycle\$ 6:40pm ZUMBA fitness	5:30pm Step / Sculpt 6:40pm ZUMBA fitness	12:00pm ZUMBA fitness (Express- 45 min) 1:00pm Step* 2:00pm LESMILLS BODYPUMP

- * Indicates 30-55 minute class.
- Once class has begun the room will be closed so please arrive early.
- Cycle Passes (Spin Pass)** will be handed out 15 minutes before class starts, on a first come first serve basis, one pass per person. **\$1.00 fee applied.**
- BodyPump Passes** will be handed out 30 minutes before class starts, on a first come first serve basis, one pass per person.
- Zumba** is on a first come first-serve -basis, \$3.00 fee applied for NON members.
- Schedules may change without notice.

