



## ZACH'S CLUB GROUP FITNESS SCHEDULE 2011



**Directed by Lesa Thomas..... 4229 78<sup>th</sup> St ..... 806-780-5454**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM-6:30AM BODYPUMP Lana G		5:30AM-6:30AM BODYPUMP Lana G				
8:00AM-9:00AM Sculpt Jayme		8:00AM-9:00AM Sculpt Jayme		8:00AM-9:00AM Flex Jayme	9:00AM-10:00AM BODYSTEP Rotating Instructor	
9:00AM – 10:00AM Piloxing Ameec	9:00AM-10:00AM BODYPUMP Angie		9:00AM-10:00AM BODYPUMP Angie		10:00AM-11:00AM BODYPUMP Rotating Instructor	
	10:00AM-11:00AM BODYSTEP Angie		10:00AM-11:00AM BODYSTEP Angie	10:00AM-11:00AM R.I.P.P.E.D. Natasha	11:00AM-12:00PM ZUMBA Rotating Instructor	
12:00PM-12:45PM Pilates Diana	12:00PM-12:45PM Yogalates Deb	12:00-12:45PM BODYPUMP Lana/Deb	12:00PM-12:45PM Yoga Deb	12:00-12:45PM BODYPUMP Angie / Deb		2:00PM-3:00PM Zumba Max
4:30PM-5:30PM BODYSTEP Kara	4:30PM-5:30PM Yoga Nicole	4:30PM-5:30PM BODYSTEP Angie	4:30PM-5:30PM Yoga / Pilates Nicole	4:30PM-5:30PM R.I.P.P.E.D. Jayme		3:00PM-4:00PM Yoga Deb/Lana
5:30PM-6:30PM BODYPUMP Natasha	5:30PM-6:30PM ZUMBA Lana G	5:30PM-6:30PM BODYPUMP Angie	5:30PM-6:30PM BODYSTEP Max			
6:30PM-7:30PM BODYSTEP Natasha	6:30PM-7:30PM BODYPUMP Natasha	6:30PM-7:30PM R.I.P.P.E.D. Natasha	6:30PM-7:30PM Zumba Lana G			
	7:30PM-8:30PM R.I.P.P.E.D. Jayme		7:30PM-8:30PM Pilates Diana			

**\*\*\*ZACH'S CLUB CYCLING \*\*\***

5:45AM-6:45AM Zach's Club Cycling Smitty	5:15AM-6:15AM Zach's Club Cycling Kara	5:10AM-6:05AM Zach's Club Cycling Kara	5:15AM-6:15AM Zach's Club Cycling Kara	5:45AM-6:45AM Zach's Club Cycling Smitty		
		6:10AM-7:05 Zach's Club Cycling Smitty				
9:00AM-10:00AM Zach's Club Cycling Angie		9:00AM-10:00AM Zach's Club Cycling Angie			9:00AM-10:00AM Zach's Club Cycling Rotating Instructor	
5:30PM-6:30PM Zach's Club Cycling Max	5:30PM-6:30PM Zach's Club Cycling Kara	5:30PM-6:30PM Zach's Club Cycling Max	5:30PM-6:30PM Zach's Club Cycling Lana S			