

2018 ZACH'S CLUB GROUP FITNESS SCHEDULE

ZACHSCLUB.COM 4229 78TH STREET 806-780-5454

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM-6:15AM RIP PUMP ARICA		5:15AM-6:15AM BODYPUMP CHRISTY		5:15AM-6:15AM RIP PUMP ARICA		
8:00AM-9:00AM SCULPT SARAH		8:00AM-9:00AM SCULPT SARAH		8:00AM-9:00AM SCULPT SARAH		
9:00AM-10:00AM HIGH FITNESS TISH	9:00AM-10:00AM RIP PUMP REAGAN	9:00AM-10:00AM INTERVAL TRAINING IBEY	9:00AM-10:00AM RIP PUMP IBEY	9:00AM-10:00AM HIP HOP IBEY	9:00AM-10:00AM CARDIO FUSION ROTATING INSTRUCTOR	
					10:00AM-11:00AM BODYPUMP ROTATING INSTRUCTOR	
12:00PM-12:45PM YOGA ANGIE		12:00PM-12:45PM POWER YOGA DEBORAH		12:00AM-12:45PM YOGA STRETCH DEBORAH	11:00AM-12:00AM IBEY HIP HOP	
						2:00PM-3:00AM BODYPUMP CHRISTY
5:30PM-6:30PM BODYPUMP NATASHA	5:30PM-6:30PM R.I.P.P.E.D / KICKBOXING LAUREN	5:30PM-6:30PM BODYPUMP KAMERIN	5:30PM-6:30PM HIGH FITNESS TISH			3:00PM-4:00PM YOGA ROTATING INSTRUCTOR
6:30PM-7:15PM CARDIO ATTACK ERIC	6:30PM-7:15PM BODYPUMP TAMARA	6:30PM-7:15PM R.I.P.P.E.D NATASHA	6:30PM-7:15PM YOGA CAITY			
C	Y	C	L	I	N	G
5:15AM-6:15AM ZACH'S CLUB CYCLING SMITTY	5:15AM-6:15AM ZACH'S CLUB CYCLING AUDREY	5:15AM-6:15AM ZACH'S CLUB CYCLING SMITTY	5:15AM-6:15AM ZACH'S CLUB CYCLING AUDREY	5:15AM-6:15AM ZACH'S CLUB CYCLING SMITTY	PELTON CYCLING AVAILABLE	PELTON CYCLING AVAILABLE
9:00AM-10:00AM ZACH'S CLUB CYCLING MICHELLE		9:00AM-10:00AM ZACH'S CLUB CYCLING MICHELLE		9:00AM-10:00AM ZACH'S CLUB CYCLING MICHELLE	9:00AM-10:00AM ZACH'S CLUB CYCLING ROTATING INSTRUCTOR	
PELTON CYCLING ON DEMAND AVAILABLE 5:30PM, 6:30PM	PELTON CYCLING ON DEMAND AVAILABLE 5:30PM,6:30pm	PELTON CYCLING ON DEMAND AVAILABLE 5:30PM,6:30PM	PELTON CYCLING ON DEMAND AVAILABLE 5:30PM,6:30PM	PELTON CYCLING ON DEMAND AVAILABLE 5:30PM,6:30PM		