

# 2024 ZACH'S CLUB GROUP FITNESS SCHEDULE

4229 78TH STREET 806-780-5454

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| MONDAY                                 | TUESDAY                                  | WEDNESDAY                               | THURSDAY                               | FRIDAY                                   | SATURDAY   | SUNDAY  |
|--|--|---|--|--|--|---|
| 5:15AM-6:15AM<br>TRIM & TONE<br>AUTUMN |  | 5:15AM-6:15AM<br>PUMP<br>SHARON         |  | 5:15AM-6:15AM<br>PUMP<br>CHRISTY         |  |   |
|  |  |   |  |  |  |   |
| 8:00AM-9:00AM<br>SCULPT<br>JANET       |  | 8:00AM-9:00AM<br>SCULPT<br>ASHLEY       |  | 8:00AM-9:00AM<br>SCULPT<br>DEBORAH       |  |   |
| 9:15AM-10:15AM<br>PUMP<br>KAYLA        | 9:15AM-10:15AM<br>HIGH FITNESS<br>TISH   | 9:15AM-10:15AM<br>S.W.E.A.T<br>REAGAN   | 9:15AM-10:15AM<br>UPBEAT BARRE<br>TISH | 9:15AM-10:15AM<br>HIGH FITNESS<br>REAGAN | 9:00AM-10:00AM<br>CARDIO FUSION<br>Rotating Instructor |   |
|  |  |   |  |  | 10:00AM-11:00AM<br>TONE FUSION<br>Rotating Instructor  |   |
| 12:00PM-12:45PM<br>YOGA<br>ANGIE       |  | 12:00PM-12:45PM<br>GENTLE YOGA<br>JANET |  | 12:00PM-12:45PM<br>YOGA<br>ASHLEY        |  |   |
|  |  |   |  |  |  |   |
|  |  |   |  |  |  | 3:00PM-4:00PM<br>YOGA<br>Rotating Instructor    |
| 5:30PM-6:30PM<br>PUMP<br>ERIC          | 5:30PM-6:30PM<br>ZUMBA<br>VANESSA        | 5:30PM-6:30PM<br>PUMP<br>ERIC           | 5:30PM-6:30PM<br>YOGA<br>LINDA         |  |  |   |
| 6:30PM-7:30PM<br>CARDIO ATTACK<br>ERIC | 6:30PM-7:30PM<br>TONE & SHRED<br>VANESSA | 6:30PM-7:30PM<br>CARDIO ATTACK<br>ERIC  | 6:30PM-7:30PM<br>STEP IT<br>HANNAH     |  |  |   |
|  |  |   |  |  |  |   |
| <b>C</b>                               | <b>Y</b>                                 | <b>C</b>                                | <b>L</b>                               | <b>I</b>                                 | <b>N</b>   | <b>G</b>  |
| 5:15AM-6:15AM<br>CYCLING<br>SMITTY     | 5:15AM-6:15AM<br>CYCLING<br>AUDREY       | 5:15AM-6:15AM<br>CYCLING<br>SMITTY      | 5:15AM-6:15AM<br>CYCLING<br>AUDREY     | 5:15AM-6:15AM<br>CYCLING<br>SMITTY       |  |   |
|  | 9:00AM-10:00AM<br>CYCLING<br>AUTUMN      |   | 9:00AM-10:00AM<br>CYCLING<br>DEBORAH   |  | 9:00AM-10:00AM<br>CYCLING<br>Rotating Instructor       |   |
| 5:30PM-6:30PM<br>CYCLING<br>CRYSTAL    |  | 5:30PM-6:30PM<br>CYCLING<br>MICHELLE    |  |  |  | 2:00PM-3:00PM<br>CYCLING<br>Rotating Instructor |