

2022 ZACH'S CLUB GROUP FITNESS SCHEDULE

4229 78TH STREET 806-780-5454

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM PUMP ASHLEE				5:15AM PUMP CHRISTY		
						Gym CLOSED at noon Nov. 23rd
8:00AM SCULPT DEBORAH		8:00AM SCULPT NIKKI		8:00AM SCULPT DEBORAH		Gym CLOSED Nov. 24th
9:00AM PUMP KAYLA	9:15AM HIGH FITNESS REAGAN	9:00AM PUMP REAGAN	9:15AM HIGH FITNESS SUMMER	9:00AM UPBEAT BARRE TISH	9:00AM CARDIO FUSION Rotating Instructor	Post Thanksgiving Burn 9:00am Friday, Nov. 25th
					10:00AM PUMP/ BARRE Rotating Instructor	Regular Schedule Saturday Nov. 26th
12:00PM-12:45PM YOGA ANGIE		12:00PM-12:45PM M POWER YOGA DEBORAH		12:00PM-12:45PM FLOW STRETCH DEBORAH		
5:30PM PUMP ERIC	5:30PM HIGH FITNESS ALLY	5:30PM ZUMBA VANESSA	5:30PM SURGE ALLY			
6:30PM CARDIO ATTACK ERIC		6:30PM PUMP ASHLEE				
C	Y	C	L	I	N	G
5:15AM CYCLING SMITTY	5:15AM CYCLING AUDREY	5:15AM CYCLING SMITTY	5:15AM CYCLING AUDREY			
	9:00AM CYCLING MICHELLE		9:00AM CYCLING JAN		9:00AM CYCLING Rotating Instructor (1st & 3rd Saturday ONLY)	

5:30PM-6:30PM ZACH'S CLUB CYCLING JAN		5:30PM-6:30PM ZACH'S CLUB CYCLING MICHELLE				
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