

2023 ZACH'S CLUB GROUP FITNESS SCHEDULE

4229 78TH STREET 806-780-5454

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:05AM-5:50AM TONE & SHRED VANESSA				5:15AM-6:15AM PUMP CHRISTY		
8:00AM-8:55AM SCULPT DEBORAH	8:00AM-8:55AM LOW IMPACT CARDIO RUTH	8:00AM-8:55AM SCULPT NIKKI	8:00AM-8:55AM LOW IMPACT CARDIO DEBORAH	8:00AM-8:55AM SCULPT DEBORAH		
9:00AM-10:00AM PUMP KAYLA	9:15AM-10:15AM HIGH FITNESS REAGAN	9:00AM-10:00AM SWEAT REAGAN	9:15AM-10:15AM HIGH FITNESS SUMMER	9:00AM-10:00AM UPBEAT BARRE TISH	9:00AM-10:00AM CARDIO FUSION Rotating Instructor	
					10:00AM-11:00AM TONE FUSION Rotating Instructor	
12:00PM-12:45PM YOGA ANGIE		12:00PM-12:45PM FLOW STRETCH DEBORAH		12:00PM-12:45PM FLOW STRETCH DEBORAH		
5:30PM-6:30PM PUMP ERIC	5:30PM-6:30PM HIGH FITNESS ALLY	5:30PM-6:30PM ZUMBA VANESSA	5:30PM-6:30PM SURGE ALLY			
6:30PM-7:30PM CARDIO ATTACK ERIC	6:30PM-7:30PM GENTLE YOGA JANET	6:30PM-7:30PM ABS & BOOTY VANESSA	6:30PM-7:30PM ZUMBA VANESSA			
C	Y	C	L	I	N	G
5:15AM-6:15AM CYCLING SMITTY	5:15AM-6:15AM CYCLING AUDREY	5:15AM-6:15AM CYCLING SMITTY	5:15AM-6:15AM CYCLING AUDREY	5:15AM-6:15AM CYCLING SMITTY		
	9:00AM-10:00AM CYCLING MICHELLE		9:00AM-10:00AM CYCLING JAN		9:00AM-10:00AM CYCLING Rotating Instructor	
5:30PM-6:30PM CYCLING JAN		5:30PM-6:30PM CYCLING MICHELLE				
	6:00PM-7:00PM CYCLING CRYSTAL					