

2022 ZACH'S CLUB GROUP FITNESS SCHEDULE

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

Group Fitness Director Natasha Mathis 806-559-8433

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM-6:15AM PUMP ERIN		5:15AM-6:15AM PUMP NATASHA		5:15AM-6:15AM PUMP CHRISTY		
8:00AM-9:00AM SCULPT SARAH		8:00AM-9:00AM SCULPT SARAH		8:00AM-9:00AM SCULPT SARAH		
9:00AM-10:00AM PUMP KAYLA	9:15AM-10:15AM HIGH FITNESS REAGAN	9:00AM-10:00AM PUMP 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 PUMP ROTATING INSTRUCTOR	
12:00PM-12:45PM YOGA ANGIE		12:00PM-12:45PM POWER YOGA DEBORAH		12:00AM-12:45PM YOGA STRETCH DEBORAH		
			4:30PM-5:30PM SURGE FIT ALLY			
5:30PM-6:30PM PUMP NATASHA	5:30PM-6:30PM HIGH FITNESS ALLY	5:30PM-6:30PM PUMP ERIN	5:30PM-6:15PM HOT MESS EXPRESS BOOT CAMP ERIN/NATASHA			
6:30PM-7:15PM CARDIO ATTACK ERIC	6:30PM-7:15PM PUMP ERIC	6:30PM-7:00PM BOOTCAMP ERIN	6:30PM-7:15PM CARDIO ATTACK ERIC			
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		
	9:00AM-10:00AM ZACH'S CLUB CYCLING MICHELLE		9:00AM-10:00AM ZACH'S CLUB CYCLING JAN			
5:30PM-6:30PM ZACH'S CLUB CYCLING MICHELLE		5:30PM-6:30PM ZACH'S CLUB CYCLING MICHELLE				

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