

Crossroads Sports & Fitness

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
G R O U P	5:45 AM		BODYPUMP Ann		BODYPUMP Zoe/Dawn			
	6:00 AM	\$BOOTCAMP Sara/Dave CYCLE Janet		\$BOOTCAMP Sara/Dave CYCLE Ann		\$BOOTCAMP Sara/Dave CYCLE Lindsey		
	6:50 AM	CXWORX Melinda	CXWORX Stephanie		CXWORX Melinda			
	8:45 AM	BODYATTACK Dawn/Kim	PIYO Angel	BODYPUMP Jane	STEP Pam	ZUMBA Dawn/Rhonda	BODYATTACK 8:00-9:00	
	9AM	CYCLE Melinda					BODYPUMP 9:15-10:15	
	9:55 AM	Young At Heart Denise	ZUMBA Gold Jane/Clair	Young At Heart Denise	Sr. Strength/ Stretch-Denise	Young at Heart Denise	CXWORX 10:25 - 10:55	ZUMBA 10:30 Rhonda
	11:05 AM	11:30am CXWORX Stephanie				Pwr Flow Yoga Hannah		CXWORX 11:40 Rhonda
	12:05 PM	R.I.P.P.E.D. Rhonda CYCLE Jane	BODYPUMP Rhonda	ZUMBA Rhonda CYCLE Deb	BODYPUMP Rhonda	Sprt Conditioning Sara CYCLE Deb		
	1:15 PM	Pwr Flow Yoga Leanne			CXWORX Rhonda			
	4:20 AM	ZUMBA Rhonda	BODYPUMP Zoe/Dawn CYCLE 4:15 Ann	R.I.P.P.E.D. Stephanie CYCLE 4:15 Karen	BODYPUMP Ann/Kim	ZUMBA Rhonda/Lindsey		Pwr Flow Yoga 4:00-5:00 Leanne/Hannah
5:30 PM	Sprt Conditioning Dave Bootcamp Cycle Lindsey	ZUMBA Rhonda/Dawn KICKBOXING Lindsey	Sprt Conditioning Dave	PIYO-Angel Bootcamp cycle -Melinda KICKBOXING Lindsey				
After 6:30	BODYPUMP 7PM Jane	YOGA 6:40 Julie	CXWORX 6:45 Stephanie CYCLE 6:00 Laura	ZUMBA 6:30 Heather/Rhonda				

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