

Adrenaline 24/7 Fitness and Sport 2018 Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15am	Spin (Chantelle) Tactix Janice	Spin (Nora)	PIYO (Barbara/Denise) Tactix Janice	Spin (Christina)	Hip Hop (Christina) Tactix Janice	
9:00am						
9:15am	Adrenaline Rush (Chantelle)	24/7 X (Nora)	Metabolic Confusion (Nate)	24/7 X (Christina)	Iron Man Core (Nate)	24/7 X (Christina)
9:30am						
10:30am						Yoga (Christina)
4:00pm						
4:30pm						
4:45pm		HAAM (Janice)		HAAM (Janice)		
5:30pm	24/7 X (Christina)	SPIN (Christina)	24/7 X (Christina)	SPIN (Christina)		
6:15 pm		Yoga (Christina)		Yoga (Christina)		
6:30pm						

LEVEL I Classes (Free with Membership)

- Adrenaline Rush
- Metabolic Confusion
- Spin
- Iron Man Core
- Yoga
- PIYO

LEVEL II Classes (\$30)

- Tactix**
- Taranting**

- Hip Hop
- Power Pump