

Adrenaline 24/7 Fitness and Sport 2019 Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15am	Spin (Chantelle)	Spin (Nora) Inferno (Jessica)	Power Hour (Christina)	Spin (Christina) Inferno (Jessica)	Power Hour (Christina)	
9:00am						
9:15am	Adrenaline Rush (Chantelle)	24/7 X (Nora)	Hustle & Heat (Jessica)	24/7 X (Christina)	Abs, Buns, & Guns (Jessica)	Full Throttle (Christina)
9:30am						
10:30am						Yoga (Christina)
4:00pm						
4:30pm						
4:45pm		Bodyshox (Jessica)		Bodyshox (Jessica)		
5:30pm	Full Throttle (Christina)	SPIN (Christina)	Full Throttle (Christina)	SPIN (Christina)		
6:15 pm		Yoga (Christina)		Yoga (Christina)		
6:30pm						

LEVEL I Classes (Free with Membership)

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|-----------------|-------------|
| Adrenaline Rush | Abs, Buns & |
| Hustle & Heat | Power Hour |
| Spin | Inferno |
| Yoga | |
| 24/7 X | |
| Full Throttle | |
| BodyShox | |