

# TRIANGLE FITNESS **24/7**

## FITNESS CLASS SCHEDULE

TIME	MON	TUES	WED	THURS	FRI	SAT	**SU
5:30AM	<b>KETTLEBELL</b> Mel	<b>SPIN</b> Mel	<b>SPIN</b> Mel	<b>Cardio/ Weights/Abs</b> Mel	<b>SPIN</b> Mel		
8 AM							
9 AM	<b>Spin</b> Susie	<b>Cardio/fit</b> Susie	<b>Spin</b> Susie	<b>Cardio/fit</b> Susie	<b>Spin</b> Susie		
10 AM	<b>Silver Sneakers</b> Susie	<b>Silver Sneakers</b> Susie	<b>Silver Sneakers</b> Susie	<b>Silver Sneakers</b> Susie			
11 am							
3:00 PM							
5 PM	<b>SPIN</b> Liz  <b>Cardio/Strength</b> Jo	<b>Kettlebell</b> Brittney	<b>SPIN</b> Liz  <b>CORE &amp; MORE – BASIC STEP</b> Dallas	<b>SPIN</b> Liz	<b>Spin (5:30)</b> Buddy		
6 PM	<b>SPIN</b> Paula  <b>Yoga</b> Fatima	<b>SPIN</b> Buddy	<b>SPIN</b> Paula  <b>ZUMBA (6:15)</b> Fatima	<b>Spin</b> Buddy  <b>Kettlebell</b> Brittney			
7 PM	<b>ZUMBA</b> Fatima						
7:30 PM				<b>YOGA</b> (Beginner) Leanna			

**\*\*Triangle Fitness is open Monday – Thursday 8 am to 9 pm; Friday 8 am to 7 pm, and Saturday 8 am to 4 pm.**