

TRIANGLE FITNESS **24/7**

FITNESS CLASS SCHEDULE (July 2020)

TIME	MON	TUES	WED	THURS	FRI	SAT	**SUN
5:30A M							
8 AM							
9 AM	SPIN Angie	Cardio Fit Carolyn	SPIN Angie	Cardio Carolyn	SPIN Angie		
10 AM	Silver Sneakers Angie	Silver Sneakers Angie SPIN Carolyn		Silver Sneakers Angie SPIN Carolyn	Silver Sneakers Angie		
1:00 PM	Beginners Spin Carolyn						
3:00 PM							
5 PM	Step (5PM-5:30) Joaquin	Step (5:30) Joaquin	SPIN Carolyn	Step (5:30) Joaquin	Step (5:30) Joaquin		
6 PM	SPIN Buddy Yoga Fatima	SPIN Buddy	SPIN Buddy ZUMBA (6:15) Fatima	SPIN Buddy			
7 PM	ZUMBA Fatima						
7:30 PM							

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