

TRIANGLE FITNESS **24/7**

FITNESS CLASS SCHEDULE

TIME	MON	TUES	WED	THURS	FRI	SAT	**SUN
5:30AM	KETTLEBELL Mel	SPIN Mel	SPIN Mel	Cardio/ Weights/Abs Mel	SPIN Mel		
8 AM							
9 AM	Spin Susie		Spin Susie		Spin Susie		
10 AM	Silver Sneakers Susie	Silver Sneakers Susie	Silver Sneakers Susie	Silver Sneakers Susie			
11 am							
3:00 PM							
5 PM	SPIN Liz Cardio/Strength Jo	Kettlebell Brittney	SPIN Liz CORE & MORE – BASIC STEP Dallas		Spin (5:30) Buddy		
6 PM	SPIN Paula Yoga Fatima	SPIN Buddy	SPIN Paula ZUMBA (6:15) Fatima	Spin Buddy Kettlebell Brittney			
7 PM	ZUMBA Fatima	Boot Camp Brooke	Power Pilates/Yoga Brooke				
7:30 PM				YOGA (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.**