

Pointe Fitness and Training Center August 2017 Group Fitness and SPINNING Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Concerns: gymdogmoe@aol.com ***** No Class on the 11th @ 5:00 pm ***** No Class on the 20th @ 7:00 am</p>	PAUSED CLASSES:	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug
	Sunday 10:00 am SPINNING Tuesday 6:00 pm Kickbox Wednesday 5:00 Yoga Thursday 8:30 am Circuit Thursday 5:00 pm SPINNING	5:30 AM-TNT-TONI 8:30 am - BARRE- SUSAN 4:30 PM - YOGA - ELLIE 7:00 PM SPINNING- NINO 7:00 PM -TNT- ROSA ZUMBA - 8:00 PM - JENNA	5:45 AM-SPINNING-COLLEEN 5:30 AM - BARRE 8:30 AM - YOGA - DONNIE 10:00 AM- Buff Body-Christina 6:15 PM -PILATES- ROSA	5:30 AM-TNT-TRACY 9:30 am Daily Dose - SUSAN 4:30 PM - YOGA - ELLIE 6:30 PM-TNT-TONI ZUMBA - 8:00 PM - JENNA	5:30 AM -Kickbox-AnnMarie 8:30 AM- Buff Body-Christina 9:45 AM - YOGA - DONNIE 5:00 PM - CardioMix-CHRISTY (sign up at the front desk)	8:00 AM -KICKBOX - TRACY 9:00 AM-TNT-TRACY 10:15 AM-ZUMBA- EDDIE
	6-Aug	7-Aug	8-Aug	9-Aug	10-Aug	11-Aug
** 7:00 AM - H I I T's 9:00 AM-CardioMix- CHRISTY 10:00 AM -PILATES- CATE 11:00 AM-ZUMBA-JENNA	5:45 AM -SPINNING -AnnMarie 5:30 AM -PIYO - TRACY 8:30 AM -TNT - VAL 10:00 AM-Circuit-Christina 6:00 PM-Abs/Glutes- CATE 6:30 PM -MIXXEDFIT-EDDIE 7:30 PM - YOGA - CASSIE	5:30 AM-TNT-TONI 8:30 am - BARRE- SUSAN 4:30 PM - YOGA - ELLIE 7:00 PM SPINNING- NINO 7:00 PM -TNT - AnnMarie ZUMBA - 8:00 PM - JENNA	5:45 AM-SPINNING-COLLEEN 5:30 AM - BARRE-AnnMarie 8:30 AM - YOGA - DONNIE 10:00 AM- Buff Body-Christina 6:15 PM -PILATES- ROSA	5:30 AM-TNT-TRACY 9:30 am Daily Dose - SUSAN 4:30 PM - YOGA - ELLIE 6:30 PM -TNT- TONI ZUMBA - 8:00 PM - JENNA	5:30 AM -STEP/Cardio-TRACY 8:30 AM- Buff Body-Christina 9:45 AM - YOGA - DONNIE 5:00 PM - CardioMix No Class	8:00 AM -KickBox-AnnMarie 9:00 AM-TNT- AnnMarie 10:15 AM-ZUMBA- EDDIE
13-Aug	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug
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20-Aug	21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug
** 7:00 AM - No Class 9:00 AM-CardioMix- CHRISTY 10:00 AM -PILATES- CATE 11:00 AM-ZUMBA-JENNA	5:45 AM -SPINNING -AnnMarie 5:30 AM -PIYO - TRACY 8:30 AM -TNT - VAL 10:00 AM-Circuit- VAL 6:00 PM-Abs/Glutes- CATE 6:30 PM -MIXXEDFIT-EDDIE 7:30 PM - YOGA - CASSIE	5:30 AM-TNT-TONI 8:30 am - BARRE- SUSAN 4:30 PM - YOGA - ELLIE 7:00 PM SPINNING- VAL 7:00 PM -TNT - AnnMarie ZUMBA - 8:00 PM - JENNA	5:45 AM-SPINNING-COLLEEN 5:30 AM - BARRE-VAL 8:30 AM - YOGA - DONNIE 10:00 AM- Buff Body- VAL 6:15 PM -PILATES- ROSA	5:30 AM-TNT-TRACY 9:30 am Daily Dose - SUSAN 4:30 PM - YOGA - SUSAN 6:30 PM-TNT-TONI ZUMBA - 8:00 PM - JENNA	5:30 AM -STEP/Cardio-TRACY 8:30 AM- Buff Body- VAL 9:45 AM - YOGA - DONNIE 5:00 PM - CardioMix-CHRISTY (sign up at the front desk)	8:00 AM -H I I T's- TONI 9:00 AM-TNT-TONI 10:15 AM-ZUMBA- SUSAN
27-Aug	28-Aug	29-Aug	30-Aug	31-Aug		
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					** CHECK OUT SUNDAY AM ** 7:00 am - H I I T's with Trainer Christina "First Class Free" See Christina for more details!	