

Pinery Country Club

Fitness Class Schedule

January 2019

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|-----------------------------|--------------------------------|-----------------------------|-----------------------------|--------|---|--------|
| 6:00am | Beg. Vinyasa Yoga Kelsey | | Beg. Vinyasa Yoga Kelsey | | | | |
| 7:00am | Int. Vinyasa Yoga Kelsey | | Int. Vinyasa Yoga Kelsey | | | | |
| 8:00am | | | | | | Total Body Heather | |
| 9:00am | | | Circuit Stations Heather | | | Total Body Heather Tai-Chi Patrick | |
| 9:15am | | Cardio Conditioning Heather | | Pilates Heather | | | |
| 10:00am | | Total Body Heather | | Total Body Heather | | | |
| 11:00am | | Pilates Heather | | | | | |
| 4:00pm | | HIIT Upper Body Rosita | | | | | |
| 5:00pm | | Teen Conditioning Rosita | Total Body Rosita | Teen Conditioning Rosita | | | |
| 6:00pm | | Core and Stability Rosita | | HIIT Lower Body Rosita | | | |