







# Fallon Group Class Schedule

(Effective: 6/04/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>Cycle</b> 5:30am-6:20am Candice	 <b>Cycle</b> 5:00am-5:50am Marianne	 <b>Cycle</b> 5:30am-6:20am Candice	 <b>Cycle</b> 5:00am-5:50am Marianne	 <b>Cycle</b> 5:30am-6:20am Candice	 <b>Cycle*</b> 8:00am-8:50am Marianne/Candice
<b>MY CHI</b> 9:00am-9:50am Connie	Low Impact Aerobics 9:00am-9:50am Connie	 <b>YOGA</b> 9:00a-10:00a Shaniya	<b>Stretching</b> 9:00am-9:50am Connie	 <b>YOGA</b> 9:00a-10:00a Shaniya	 9:00am-9:50am Aya
			 10:00am-10:50am Ariel		
 5:10pm-6:00pm Aya	 5:15pm-6:00pm Melissa W.	 5:30pm-6:20pm Aya	 5:15pm-6:00pm Melissa W.		
 6:10pm-7:00pm Melissa W.	 <b>HIIT</b> 6:10p-6:40p Aya	<b>TABATA</b> 6:30pm-7:20p Jennifer	 <b>HIIT</b> 6:10p-6:40p Aya		
	<b>BARRE</b> 7:10pm-8:00pm Shaniya				

\*Cycle Class with Marianne June 2, 16, & 30

\*Cycle Class with Candice June 9 & 23

Sign up for class cancellations and alerts by texting "SIGN ME UP FALLON" to 775-372-9588