



Fallon Group Class Schedule

(Effective: 4/1/2019)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|--|
| Cycle 5:00am-5:50am Candice | Cycle 5:00am-5:50am Marianne | Cycle 5:00am-5:50am Candice | Cycle 5:00am-5:50am Marianne | Cycle 5:00am-5:50am Nikki | Cycle* 8:00am-8:50am Marianne/Candice |
| Stretching & Abs 9:00am-9:50am Connie | Low Impact Aerobics 9:00am-9:50am Connie | YOGA 9:00a-10:00a Shaniya | Low Impact Aerobics 9:00am-9:50am Connie | YOGA 9:00a-10:00a Shaniya | PiYO 9:00am-9:50am Aya |
| Cycle 10:00am-10:50am Jenn | | Cycle 10:00am-10:50am Jenn | | | YOGA 10:00a-10:50a Shaniya |
| ZUMBA FITNESS 5:15pm-6:00pm Melissa | ZUMBA FITNESS 5:15pm-6:00pm** | PiYO 5:15pm-6:05pm Aya | ZUMBA FITNESS 5:15pm-6:00pm Melissa | | |
| body sculpt 6:10pm-7:00pm Aya | HIIT 6:10p-6:40p Aya | body sculpt 6:15pm-7:00pm Aya | HIIT 6:10p-6:40p Aya | | |
| | | | | | |

*Cycle Class with Marianne April 7 & 20

**No Zumba the first Tuesday of each month.

*Cycle Class with Candice April 13 & 27

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