
















# Fallon Group Class Schedule

(Effective: 8/23/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>Cycle</b> 5:00am-5:50am Candice	 <b>Cycle</b> 5:00am-5:50am Marianne	 <b>Cycle</b> 5:00am-5:50am Candice	 <b>Cycle</b> 5:00am-5:50am Marianne	 <b>Cycle</b> 5:00am-5:50am 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	<i>Stretching &amp; Abs</i> 9:00am-9:50am Connie	 <b>YOGA</b> 9:00a-10:00a Shaniya	 9:00am-9:50am Aya
			 10:00am-10:50am Ariel		
 5:15pm-6:00pm Melissa W.	 5:15pm-6:00pm Melissa W.	 5:30pm-6:20pm Aya	 5:15pm-6:00pm Melissa W.		
 6:10pm-7:00pm Aya	 <b>HIIT</b> 6:10p-6:40p Aya		 <b>HIIT</b> 6:10p-6:40p Aya		

\*Cycle Class with Marianne August 11 & 25

\*Cycle Class with Candice August 4 & 18

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