



Fallon Group Class Schedule

(Effective: 4/2/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle 5:30am-6:20am Candice	Cycle 5:00am-5:50am Marianne	Cycle 5:30am-6:20am Candice	Cycle 5:00am-5:50am Marianne	Cycle 5:30am-6:20am Candice	Cycle* 8:00am-8:50am Marianne/Candice
		YOGA 9:00a-10:00a Jennifer		YOGA 9:00a-10:00a Shaniya	PiYO 9:00am-9:50am Aya
		PILATES 10:10am-11:00am Jennifer			
PiYO 5:10pm-6:00pm Aya	BOOT CAMP 5:15pm-6:00pm PEAK PERFORMANCE	PiYO 5:30pm-6:20pm Aya	BOOT CAMP 5:15pm-6:00pm PEAK PERFORMANCE		
ZUMBA 6:10pm-7:00pm Melissa W.	ZUMBA 6:10pm-7:00pm Melissa W.	TABATA 6:30pm-7:20p Jennifer	ZUMBA 6:10pm-7:00pm Melissa W.		
POUND 7:10pm-8:00pm Jennifer					

*Cycle Class with Marianne April 7 & 21

*Cycle Class with Candice April 14 & 28

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