



Fernley Group Class Schedule

(Effective: 3/7/2019)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CYCLE 6:00a-6:50a Jennifer	groove 6:00a-6:50a Debbi	CYCLE 6:00a-6:50a Jennifer	groove 6:00a-6:50a Debbi	CYCLE 6:00a-6:50a Jennifer	
					YOGA 8:00a-8:50a Shaniya
YOGA 9:00a-9:50a Jennifer	PILATES 9:00a-9:50a Jennifer	YOGA 9:00a-9:50a Jennifer	PILATES 9:00a-9:50a Jennifer		POUND <small>BUCKET WEIGHT</small> 9:00am-9:50am Jennifer
ZUMBA <small>FITNESS</small> 10:00a-10:50a Dayam	BURN AND TONE 10:00a-10:50a Jennifer	POUND <small>BUCKET WEIGHT</small> 10:00am-10:50am Jennifer	Step & Sculpt 10:00a-10:50a Jennifer		TABATA 10:00a-10:50a Jennifer
		groove 11:00a-11:50a Debbi	ZUMBA <small>FITNESS</small> 11:00a-11:50a Dayam		TRX <small>Suspension Training</small> 11:00a-11:50a Jennifer
TRX <small>Suspension Training</small> 5:30p-6:20p Jennifer	STEP/GROUP WEIGHTS 5:30p-6:15p Ebony	TRX <small>Suspension Training</small> 5:30p-6:20p Jennifer	CYCLE 5:00p-5:50p Jennifer	CYCLE 5:00p-5:50p Jennifer	
		ZUMBA <small>FITNESS</small> 6:30p-7:20p Isaeika	YOGA 6:00p-6:50p Shaniya	groove 6:00p-6:50p Debbi	
ZUMBA <small>FITNESS</small> 7:00p-7:50p Juli	ZUMBA <small>FITNESS</small> 7:00p-7:50p Juli				

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