



Fernley Group Class Schedule

(Effective: 3/20/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CYCLE 6:00a-6:50a  Jennifer		CYCLE 6:00a-6:50a  Jennifer		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 Shaniya	 PILATES 9:00a-9:50a Jennifer		 POUND 9:00am-9:50am Jennifer
 ZUMBA 10:00a-10:50a Isaeika	 body sculpt 10:00a-10:50a Ebony	 ZUMBA 10:00a-10:50a Isaeika	 GROUP WEIGHT TRAINING 10:00a-10:50a Ebony	 ZUMBA 10:00a-10:50a Isaeika	TABATA 10:00a-10:50a Jennifer
HITT  5:30p-6:00p Ebony	 STEP 5:30p-6:15p Ebony	BOOT CAMP 5:15p-5:50p PEAK		BOOT CAMP 5:15p-5:50p PEAK	
 GROUP WEIGHT TRAINING 6:00p-6:50p Ebony			 YOGA 6:00p-6:50p Shaniya	 CYCLE 6:00p-6:50p Jennifer	
 ZUMBA 7:00p-7:50p Juli	 ZUMBA 7:00p-7:50p Juli		 ZUMBA 7:00p-7:50p Juli		

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