



Fernley Group Class Schedule

(Effective: 6/8/2018)

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

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