



Pahrump Group Class Schedule

(Effective 03/01/2018)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|--|
| 8:00am-9:00am Step & Sculpt Room A - Connie | 8:00am-9:00am BODY SCULPT Room A - Lisa | 8:00am-9:00am Step & Sculpt Room A - Connie | 8:00am-9:00am BODY SCULPT Room A - Lisa | 8:00am-9:00am  ZUMBA Room A - Mary | |
| 9:30am-10:30am  Silver&Fit Room A - Terrie M | 9:00am-10:00am Pilates Room B - Liz  | 9:00am-10:00am YOGA STRETCH Room B - Chandini | 9:00am-10:00am Pilates Room B - Liz  | 9:30am-10:30am  Silver&Fit Room A - Terrie M | 9:00am-10:30am Yoga Room B - Chandini |
| 10:00am-11:30am Yoga Room B - Liz | 9:00am-10:00am Tai Chi Room A- Paul | 9:30am-10:30am  Silver&Fit Room A - Terrie M | 9:00am-10:00am Tai Chi Room A- Paul | 10:00am-11:30am Yoga Room B - Liz | |
| 11:00am-11:45am Classic  SilverSneakers Room A - Lisa | 10:10am-10:55am Classic  SilverSneakers Room A - Lisa | 11:00am-11:45am Classic  SilverSneakers Room A - Lisa | 10:10am-10:55am Classic  SilverSneakers Room A - Lisa | 11:00am-11:45am Classic  SilverSneakers Room A - Lisa | |
| Noon-1:00pm CARDIO SCULPT Room A - Lisa | 11:00am-Noon  ZUMBA Room A - Mary | Noon-1:00pm Cardio Mix Room A - Lana | 11:00am-12:00pm Line Dancing  Room A - Terri R | Noon-1:00pm Cardio Power Room A - Lana | |
| | 4:00pm-5:30pm Beginning Yoga Room B - Liz | 5:30pm-6:30pm  ZUMBA Room A - Alma | 4:00pm-5:30pm Beginning Yoga Room B - Liz | | |
| 5:30PM-6:30PM  ZUMBA Room A - Alma | 6:00pm-7:00pm KICKBOXING  Room A - Irais | 6:30pm-8:00pm Yoga Room B - Chandini | 6:00pm-7:00pm KICKBOXING  Room A - Irais | | |
| 6:45pm-7:45pm Heart Core  Room A - Lana | | 6:45pm-7:45pm Heart Core  Room A - Lana | | | |