



Farmington Class Schedule

(Effective: 09/01/17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HIIT 6:00am-7:00am Marty	Cycle 6:00am-7:00am Janeen	BOOT CAMP 6:00am-7:00am Marty	Cycle 6:00am-7:00am Janeen	HIIT 6:00am-7:00am Marty	
Yoga 9:00am-10:00am Robin Kemp	POWER PUMP 6:00pm-7:00pm Janeen	Yoga 9:00am-10:00am Robin Kemp	POWER PUMP 6:00pm-7:00pm Janeen	Cycle 9:00am-10:00am Robin Kemp	BOOT CAMP 7:00am-8:00am Marty
Dance Fit 7:00pm-8:00pm Cathy Hemsley		POWER PUMP 7:00pm-8:00pm Janeen	Dance Fit 7:00pm-8:00pm Cathy Hemsley	Yoga 10:00am-11:00am Robin Kemp	
Yoga 8:00pm-9:00pm Calvin			Yoga 8:00pm-9:00pm Calvin		