



Group Fitness Class Schedule

www.EastpointeHealthandFitness.com

Effective September 28, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	SPIN! w/Melissa S 6:00-6:45am	Body Sculpt w/Grace 8:15-9:15am	SPIN! w/Melissa S 6:00-6:45am		SPIN! w/Melissa S 7:05-7:50am	
Body Sculpt w/Grace 9:05-10am	Yoga w/Alice 7:45-8:45am	SPIN! w/Melissa S 8:30-9:15am		SPIN! w/Cindy 8:30-9:15am	SPIN! Melissa Fariello 8:00-8:45am	SPIN! w/Melissa S 8:00-8:45am
Yoga w/ Barb 10:00-10:55am	Cardio Dance w/Dyanne 8:45-9:30am	Yoga-Pilates w/Heather 9:30-10:30am	Body Sculpt w/Melissa S 9:30-10:30am	Yoga- Pilates w/Heather 9:30-10:30am	Boot Camp w/Julia 8:00-9:00am	SPIN! w/Susan 9:00-10:00am
SPIN! w/Julia 11:10-11:55am	Body Sculpt w/Dyanne 9:30-10:15am			SPIN! w/Melissa Maria 11:10-11:55am	Zumba w/Aleta 9:00-10:00am	Stretch & Pilates w/Tatiana 10:00-11:00am
Body Sculpt w/Kristine 5:15-6:00pm	Total Body Strength w/ Dana 5:15-6:15pm	Total Body Spin w/Melissa Maria 5:15-6:15	SPIN! w/Tricia 5:15-6:00pm	SPIN! w/Melissa Maria 5:30-6:15	Yoga w/Regina 10:00-11:00am Warm Room	
20/20/20 w/ Krista 6:00-7:00pm	Piloxing w/Krista 6:15-7:00pm	Yoga w/ Eleonora 6:30-7:30pm Warm Room	20/20/20 w/Betsy 6:00-7:00pm		GYM HOURS Mon.-Thurs. 5am-10pm Fri. 5am-8pm Sat. 7 a.m. – 7 p.m. Sun. 7am – 5pm	
Zumba w/Kelley 7:00-8:00pm	Yoga for Beginners w/Barb 7:00-8:15pm	Spin! Melissa Fariello 6:15-7:00pm		CHILDCARE Monday/Tuesday/Thursday 9am-11am Wednesday/Friday 9:30-11am Saturday 9:05am-11:05am		
SPIN! w/Melissa Maria 7:00-7:45pm	SPIN! Melissa Fariello 7:15-8:00pm					