

POWERHOUSE

FITNESS GYM CENTER

SPRING GROUP FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10AM Butts and Guts (Roxanne)		6AM Circuit (Alexia)		6AM Circuit (Alexia)		9AM Spin+Bootcamp (Laura)
	12:15PM Spin Express (Laura)	4:30PM Spin (Laura)	12:15PM Spin+Bootcamp (Laura)			
	6:30PM Spin (Roxanne)		6:20PM Yoga Flow (Alicia)	6:30PM Spin (Roxanne)		