

# Longview Group Fitness Schedule **Effective February 1st**

**\*\*cycle on**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
8:30-9:30am Nuclear Fusion	5:30-6:15am Boot Camp		5:30-6:15am Boot Camp		8:30am-9:30am Zumba
9:40am-10:10am Absoglutely NEW	8:30-9:30am Body Knockout NEW	8:30-9:30am Fit Camp		8:30-9:15 am Cardio Explosion <i>(previously Kickin Cardio)</i>	9:40-10:40am Chisel and Sculpt <i>(previously Target Zone)</i>
10:20am-11:20am Chisel and Sculpt <i>(previously Target Zone)</i>	9:40-10:40am Chisel and Sculpt <i>(previously Target Zone)</i>	9:40-10:40am Pilates Power- house	9:40-10:40am Zumba	9:30-10:30am Chisel and Sculpt <i>(previously Target Zone)</i>	10:50-11:50am Yoga <i>Spring Hill Room</i>
10:50-11:50am Yoga <i>Spring Hill Room</i>	10:50am-11:50am Hip Hop	10:50-11:50am Yoga <i>Spring Hill Room</i>	10:50am-11:50am Hip Hop	10:50-11:50am Yoga <i>Spring Hill Room</i>	10:50-11:50am Hip Hop NEW TIME
11:30am-12:30pm Zumba		10:50am-11:50am Chisel and Sculpt <i>(previously Target Zone)</i>			
5:00-5:30pm Chisel and Sculpt <i>(previously Target Zone)</i>		12:00-12:55pm Zumba	4:15pm-5:15pm Body Knockout NEW		
5:30-6:00pm Pilates	5:30-6:30 Zumba	5:45-6:15pm Chisel and Sculpt	5:30-6:30pm Fit Camp		<u>Sunday</u>
6:10pm-6:40pm Absoglutely NEW	6:45pm-7:45pm Zumba NEW	6:15- 6:45pm Pilates	6:45-7:45pm Zumba NEW TIME	6:00-7:00pm Zumba	1:30pm-2:30pm Zumba
6:45-7:45pm Fit Camp	6:45-7:45pm Yoga <i>Spring Hill Room</i>	6:55-7:55pm Nuclear Fusion	6:45-7:45pm Yoga <i>Spring Hill Room</i>		2:40pm-3:40pm Zumba NEW