

Longview Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	8:30-9:30am Body Knockout	8:30-9:30am Fit Camp		8:30-9:30 am Cardio Explosion	9:40-10:40am Chisel and Sculpt
10:20am-11:20am Chisel and Sculpt	9:40-10:40am Chisel and Sculpt	9:40-10:40am Pilates Powerhouse	9:40-10:40am Zumba	9:40-10:40am Chisel and Sculpt	9:50-10:50am Yoga <i>Spring Hill Room</i> <i>NEW TIME</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
11:30am-12:30pm Zumba		10:50am-11:50am Chisel and Sculpt			
5:00-5:30pm Chisel and Sculpt		12:00-12:55pm Zumba	4:15pm-5:15pm Body Knockout		
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	6:45pm-7:45pm Zumba	6:15- 6:45pm Pilates	6:45-7:45pm Zumba	6:00-7:00pm Zumba	1:30pm-2:30pm Zumba
6:45-7:45pm Fit Camp		6:55-7:55pm Nuclear Fusion			2:40pm-3:40pm Zumba