

Dynamic Health and Fitness (Charter Oak)

Group Fitness Schedule January 2018



Monday

Time	Class	Instructor
5:30-6:30am	Spin	Ashley
8:15-9am	Dynamic Body Sculpt	Diane
9:15-10am	Dynamic Stretch & Tone	Diane
4:30-5:30pm	Hustle Down	Heather
5:30-6:30pm	Les Mills Body Pump	Suzanne
6:30-7:30pm	Barre Body	Deborah
7:30-8:30pm	Yoga	Allison

Tuesday

Time	Class	Instructor
5:30-6:15am	Dynamic Body Sculpt	Ashley
8:15-9:15am	Barre	Dawn
9:15-9:45am	Dynamic Treadfit	Tessa
9:15-10:15am	Yoga	Dawn
4:30-5:15pm	Dynamic HIIT Cycle	Trace
5:30-6:30pm	Hustle Down	Heather
5:30-6pm	Dynamic Treadfit	Trace
6:30-7:30pm	Pilates	Dawn

Wednesday

Time	Class	Instructor
5:30-6:30am	Spin	Ashley
8:15-9:15am	Spin	Melissa
9:15-10:15am	Zumba	Ashlyn
4:30-5:15pm	Dynamic Body Sculpt	Dawn
5:30-6:30pm	Yoga	Dawn
6:30-7pm	Dynamic Treadfit	Dawn
6:30-7:30pm	Les Mills Body Pump	Tessa
7:30-8:30pm	Hustle Down	Heather

Thursday

Time	Class	Instructor
5:30-6:15am	Dynamic Body Sculpt	Ashley
8:15-9:15am	Yoga	Dawn
9:15-10:15am	Hustle Down	Heather
4:30-5:30pm	Barre Body	Deborah
4:30-5pm	Dynamic Treadfit	Trace
5:30-6:15pm	Dynamic HIIT Cycle	Trace
6:30-7:30pm	Zumba	Courtney

Friday

Time	Class	Instructor
5:30-6:30am	Spin	Ashley
8:15-9:15am	Zumba Toning/Zumba	Ashlyn
8:15-8:45am	Dynamic Treadfit	Tessa
9:15-10:15am	Barre	Deborah

Saturday

Time	Class	Instructor
8:30-9:30am	Les Mills Body Pump	Jade
9:30-10:30am	Spin	Jade
10:30-11:30am	Zumba	Lexi

Sunday

Time	Class	Instructor
2-3pm	Yoga	Dawn