

Fall 2019 Group Fitness Schedule

Studio 1

Time	Mon	Tues	Wed	Thurs	Fri	Time	Sat	Sun
630am	Dance Fitness Claire		Dance Fitness Claire		Dance Fitness Claire	915am	Body Pump Jackie	
1130am	CXWorx Charity		CXWorx Charity					
1215pm	Body Pump Kristen		Body Pump Kristen		Body Pump Kristen	1015am	Butts N' Guts Irene	
1215pm	Bulldog Strong Charity		Bulldog Strong Charity					
430pm	Body Pump Lazaro	Butts N' Guts Araceli	Body Pump Lazaro	Butts N' Guts Araceli				
530pm	Butts N' Guts Irene	Body Pump Jackie	Butts N' Guts Irene	Body Pump Jackie		530pm		Butts N' Guts Ruby
630pm	Body Pump Jazly		Body Pump Jazly			630pm		Power Yoga Ruby
730pm	Body Flow Tanya		Body Flow Tanya					

Studio 2

Time	Mon	Tues	Wed	Thurs	Fri	Time	Sat	Sun
630am	Cycle Gwyneth	Cycle Colleen	Cycle Gwyneth	Cycle Colleen	Cycle Gwyneth	915am	Zumba Bianca	
1215pm	Butts N' Guts Ruby		Butts N' Guts Ruby		Butts N' Guts Ruby	1015am	Cycle Fidel	
430pm	Zumba Cindy	Cycle Colleen	Zumba Cindy	Cycle Colleen				
515pm		Zumba Kalia		Zumba Kalia				
530pm	Dance Fitness Matt		Dance Fitness Matt					
6pm		Dance Fitness Claire		Dance Fitness Claire		6pm		Zumba Bianca
615pm	Cycle Fidel		Cycle Fidel			7pm		Body Flow Tanya
715pm			Zumba Bianca					

8/23/2019

Dance Fitness - a fun, new, energized form of workout that targets every part of your body by engaging in high intensity dancing. Includes various dance styles and guaranteed fun!

Bulldog Strong

- held at the Queenax multi-functional suspension training system (near Studio 2)

Power Yoga - incorporates both traditional and freestyle sequences of yoga

Butts & Guts - High intensity circuit workout aimed at core and legs



Schedule subject to change.

Follow us on Instagram for updates @fresnostate_groupfitness

