

Group Fitness Schedule Effective June 2nd, 2008 \*\*934-0335\*\*

gbafitness.com



Blue classes are held in the cycle room

**OUR HOURS OF OPERATION**

MON-THU	5:00AM-10:00PM
FRIDAY	5:00AM-9:00PM
SAT	6:00AM-6:00PM
SUNDAY	7:00AM-5:00PM

**NURSERY HOURS**

MON-FRI	7:45am-12pm 3:00pm-7:00pm
SATURDAY	8:00am-12pm
SUNDAY	10:00am-12pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15a Cycle Melia	5:30-6:15a Cycle Allison	6:30-7:15a Cycle Melia	5:30-6:15a Cycle Melia		
8:00-9:00a Zumba Janette		8:00-9:15a Cycle Combat Maria Cycle, Kickbox Mus Max Combo		8:00-9:15a Cardio Pump Kammi Cycle & Mus. Max Combo	8:15-9:15 Cycle Allison/ Sarah
8:00-9:00a Cycle Kammi	8:00-9:00a Cycle Kristen		8:00-9:00a Cycle Kammi	9:15-10:00a Cycle Maria	8:30-9:30a Zumba Janette
9:15-10:00a Cycle Sarah	9:15-10:15a Muscle Max Maria	9:15-10:30a Yoga Dale	9:15-10:15a Muscle Max Kristen	9:15-10:30a Yoga Dale	9:30-10:30a Pilates
9:00-10:00a Stretch Heather	10:30-11:30 Use it or lose it Sharla		10:30-11:30 Use it or lose it Sharla		
12:00-1:00p Adult Jiu-Jitsu		12:00-1:00p Adult Jiu-Jitsu		12:00-1:00p Adult Jiu-Jitsu	
4:30-5:15p Cycle Michelle 4:30-5:30p Yogalates Kammi	4:30-5:30p Yoga Heather		4:30-5:30p Yoga Heather 4:30-5:15p Cycle Kyle	5:00-6:00p Kids Jiu-Jitsu Ages 5-11	
5:40-6:40p Kids Jiu-Jitsu				6:00-7:00p Open Mat Jiu-Jitsu	
7:00-8:30p Brazilian Jiu-Jitsu	7:00-8:30p MMA/Submission Jiu-Jitsu	7:00-8:30p Brazilian Jiu-Jitsu	7:00-8:30p MMA/Submission Jiu-Jitsu		