



ATHLETIC CLUB HOURS
 MON-SUN 24 HOURS
 509.459.4571

NOVEMBER SCHEDULE

GROUP FITNESS CLASSES

MON	TUE	WED	THU	FRI	SAT	SUN
6 AM CYCLE DAVID C	6 AM PUMP FUSION DAVID G	6 AM CYCLE DAVID C	6 AM PUMP FUSION KASEY G	6 AM CYCLE KACIE C	8 AM CYCLE MOLLY & OKSANA C	4 PM YOGA RAEHEL & STEPHANIE S4
7:15 AM AQUA FITNESS PATRICIA P	6 AM GENTLE YOGA JENNY S4	6 AM BOOT CAMP RAEHEL S4	8:15 AM BARRE KASSANDRA S4	7:15 AM AQUA FITNESS JANEL P	9 AM PUMP FUSION KASEY & OKSANA S4	
8:15 AM AQUA FITNESS PATRICIA P	8:15 AM BARRE JENNY S4	7:15 AM AQUA FITNESS PATRICIA P	9:15 AM CORE CHALLENGE TISH ZOOM	8:15 AM GENTLE YOGA CYNDI S4	10:15 AM YOGA JANEL S4	
9:15 AM YOGA/BARRE KATIE S4	9:15 AM CORE CHALLENGE TISH ZOOM	8:15 AM AQUA FITNESS PATRICIA P	9:30 AM GENTLE YOGA TISH ZOOM	9:15 AM ZUMBA EVI G		
9:30 AM LOW IMPACT MONICA G	9:30 AM GENTLE YOGA TISH ZOOM	8:15 AM YOGA KASSANDRA S4	9:30 AM PUMP FUSION DOMINIQUE G	11:30 AM CORE EXPRESS RAEHEL G		
11:30 AM CORE EXPRESS MOLLY G	9:30 AM PUMP FUSION DOMINIQUE G	9:30 AM TRX/BOOTCAMP BECKY G	12 PM BARRE KATIE S4	12:15 PM YOGA TOM S4		
12:15 PM YOGA TOM S4	12 PM PILATES STEPHANIE S4	9:30 AM LOW IMPACT KELLY S4	6:00 PM CARDIO DANCE MIRROR SS	6:00 PM TAI CHI MIRROR SS		
5:45 PM BOOTCAMP MONICA G	5:30 PM YOGA JENNY S4	11:30 AM CORE EXPRESS BECKY G	6 PM SOCIAL DANCE GLENN & PATTY S4			
6:00 PM BARRE MIRROR SS		12:15 PM YOGA KELLY S4	6:45 PM SOCIAL DANCE GLENN & PATTY S4			
		5:45 PM BOOTCAMP MONICA S4				

LOCATION KEY

G = GYM | S4 = STUDIO 4
 C = CYCLING STUDIO | P = POOL
 SS = SAPPHIRE STUDIO

SYMBOLS KEY

= LIVE SESSION
 = ZOOM SESSION AVAILABLE
 = CHILDCARE AVAILABLE

*ALL CLASSES 45 MIN EXCEPT YOGA (60 MIN)

*ONLINE RESERVATIONS REQUIRED

*SCHEDULE SUBJECT TO CHANGE. VISIT SPOKANECLUB.ORG FOR UPDATES