



ATHLETIC CLUB HOURS
 MON-SUN 24 HOURS
 509.459.4571

JANUARY SCHEDULE

GROUP FITNESS CLASSES

| MON | TUE | WED | THU | FRI | SAT | SUN |
|--|---|--|--|--|---|--|
| 6 AM CYCLE DAVID C | 6 AM PUMP FUSION DAVID S4 | 6 AM CYCLE DAVID C | 6 AM PUMP FUSION KASEY S4 | 6 AM CYCLE LANA 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 SS | 7:15 AM AQUA FITNESS PATRICIA P | 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 | 8:15 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 SS | 9:15 AM CORE CHALLENGE TISH ZOOM | 8:15 AM YOGA KASSANDRA S4 | 9:30 AM GENTLE YOGA TISH ZOOM | 9:15 AM ZUMBA EVI S4 | | |
| 9:30 AM LOW IMPACT MONICA S4 | 9:30 AM GENTLE YOGA TISH ZOOM | 9:30 AM TRX/BOOTCAMP BECKY SS | 9:30 AM PUMP FUSION DOMINIQUE S4 | 9:30 AM LOW IMPACT RAEHEL SS | | |
| 11:30 AM CORE EXPRESS MOLLY S4 | 9:30 AM PUMP FUSION DOMINIQUE S4 | 9:30 AM LOW IMPACT KELLY S4 | 12 PM BARRE KATIE S4 | 11:30 AM CORE EXPRESS RAEHEL S4 | | |
| 12:20 PM YOGA TOM S4 | 12 PM PILATES STEPHANIE S4 | 10:30 AM SKI CONDITION KATIE S4 | 6:00 PM CARDIO DANCE MIRROR SS | 12:20 PM YOGA TOM S4 | | |
| 5:45 PM BOOTCAMP MONICA S4 | 5:30 PM YOGA JENNY S4 | 11:30 AM CORE EXPRESS DONNA S4 | 6 PM SOCIAL DANCE GLENN & PATTY S4 | 6:00 PM TAI CHI MIRROR SS | | |
| 6:00 PM BARRE MIRROR SS | | 12:15 PM YOGA KELLY SS | 6:45 PM SOCIAL DANCE GLENN & PATTY S4 | | | |
| | | 6:30 PM BOOTCAMP MONICA S4 | | | | |

NOTICE
 ALL CLASSES EXCEPT AQUA FITNESS AND CYCLE ARE POSTPONED FROM JAN 2ND TO 4TH DUE TO FLOOR REFINISHING CLASSES WILL RETURN TO NORMAL STARTING JAN 5TH

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