



every1fitnessde.com

302-226-4653

OPEN 24 HOURS

AEROBICS ROOM								
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
7:45 AM	BODYPUMP EXPRESS	MEET ME AT THE BARRE	ULTIMATE ABS	MEET ME AT THE BARRE	ULTIMATE ABS	7:45 AM	BODYPUMP EXPRESS	
8:30 AM	LES MILLS BODYCOMBAT	LES MILLS tone	LES MILLS BODYSTEP®	LES MILLS BODYSTEP® EXPRESS	LES MILLS BODYCOMBAT	8:30 AM	TRIPLE THREAT	
9:00 AM				TABATA STRENGTH		9:00 AM		
9:30 AM	LES MILLS BODYPUMP	BODYFIT	LES MILLS BODYPUMP	LES MILLS BODYFLOW	LES MILLS BODYPUMP	9:30AM	YOGA	YOGA
10:30AM	LES MILLS BODYFLOW	YOGA	ZUMBA	ZUMBA	ZUMBA toning	10:30AM	ZUMBA	ZUMBA
11:30AM	Dance MOB							
4:30PM	YOGA	ZUMBA	YOGA	YOGA BOOTIECAMP				
5:30PM	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	SHIRT	LES MILLS BODYPUMP				
6:30PM	ZUMBA toning	danceFIT	LES MILLS BODYPUMP	danceFIT				

SPIN ROOM								
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:30AM	SPIN	SPIN	SPIN	SPIN	SPIN	8:30AM	SPIN	SPIN
9:45AM		SPIN		SPIN				
5:30PM	SPIN	SPIN	SPIN	SPIN				

2019 GROUP FITNESS SCHEDULE

CHECK US OUT ON FACEBOOK