



Group Fitness Class Schedule

www.EastpointeHealthandFitness.com

Effective March 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Strength Dan 5:00-6:00am		Total Body Strength Melissa S. 5:00-6:00am		Total Body Strength Dan 5:00-6:00am	SPIN! Tricia 7:00-7:45am	
	SPIN! Melissa S. 6:00-6:45am		SPIN! Melissa S. 6:00-6:45am		EP30: Core & More Melissa Fariello 7:30-8:00am	
	EP30: Upper Body Melissa S. 8:00-8:30am	Body Sculpt Grace 8:00-9:00am	EP30: Lower Body Melissa S. 8:00-8:30am	Body Sculpt Grace 8:00-9:00am	SPIN! Melissa Fariello 8:00-8:45am	SPIN! Melissa/Tricia 8:00-8:45am
SPIN! Melissa Fariello 8:30-9:15am	EP30: Spin Melissa S. 8:30-9:00am	SPIN! Melissa Fariello 8:30-9:15am	EP30: Core & More Melissa S. 8:30-9:00am	SPIN! Cindy 8:30-9:15am	Body Sculpt Allison B. 8:00-9:00am	Body Sculpt Bonnie 9:00-10:00am
Body Sculpt Grace 9:00-10:00am	Cardio Dance Dyanne 8:45-9:30am	Yoga-Pilates Heather 9:30-10:30am	Cardio Sculpt Laura 9:30-10:30am	Yoga-Pilates Heather 9:30-10:30am	Zumba Aleta 9:00-10:00am	SPIN w/Weights Melissa Maria 9:00-10:00am
Yoga Barb 10:00-11:00am	Body Sculpt Dyanne 9:30-10:15am		Yoga Nancy 10:30-11:30am	SPIN w/Weights Julie 10:30-11:30am	Vinyasa Flow Nancy 10:00-11:15am	Yoga Gina 10:00-11:00am
SPIN! Julie 11:00-11:45am	Vinyasa Flow Allison L. 10:30-11:30am					
Cardio Dance Kristine 4:30-5:15pm			EP30: Spin Tricia 4:30-5:00pm			
Body Sculpt Kristine 5:15-6:00pm	Total Body Strength Allison N. 5:15-6:15pm	EP30: HIIT Melissa Maria 5:15-5:45	Total Body Strength Allison N. 5:15-6:15pm			
	Zumba Graciela 6:15-7:15pm	EP30: Spin Melissa Maria 5:45-6:15	SPIN! Tricia 5:15-6:15pm			
EP30: Strong Leigh 6:00-6:30pm	SPIN! Melissa Maria 6:15-7:00pm	Cardio Dance Kristine 6:00-7:00pm	Zumba w/ Toning Graciela 6:15-7:15pm	CHILDCARE Monday through Sunday 8am - 12pm Tuesday & Thursday 4pm - 7pm Wednesday 5pm - 7pm		GYM HOURS Mon.-Thurs. 5am-10pm Fri. 5am - 8pm Sat. 7am - 7pm Sun. 7am - 5pm
SPIN! Tricia 6:30-7:15pm	EP30: Core & More (Mezzanine) Melissa Maria 7:00-7:30pm	Body Sculpt Bonnie 7:00-8:00pm	EP30: Core & More (Mezzanine) Tricia 6:30-7:00pm			
Zumba Leigh 6:30-7:30pm	Beginner Yoga Allison L. 7:15-8:15pm		Beginner Yoga Allison L. 7:15-8:15pm			