



Group Fitness Class Schedule

www.EastpointeHealthandFitness.com

Effective July 12, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Strength Dan 6:00-7:00am	SPIN! Sandra 6:00-6:45am	Total Body Strength Bonnie 6:00-7:00am	SPIN! Bonnie 6:00-6:45am	Total Body Strength Bonnie 6:00-7:00am	SPIN! Bonnie 7:00-7:45am	SPIN! Tricia 8:00-8:45am
	EP30: SPIN! Melissa F. 7:15-7:45am		EP30: SPIN! Bonnie 7:15-7:45am		Body Sculpt Bonnie 8:00-8:45am	Cardio Sculpt Melissa Fariello 8:00-8:45am
Body Sculpt Grace 8:00-9:00am	EP30: Upper Body Melissa F. 8:00-8:30am	Body Sculpt Grace 8:00-9:00am	EP30: Lower Body Bonnie 8:00-8:30am	Body Sculpt Grace 8:00-9:00am	SPIN! Paula 8:00-8:45am	SPIN! Melissa Maria 9:00-9:45am
SPIN! Kristine 8:30-9:15am	Cardio Sculpt Dyanne 8:30-9:30am	SPIN! Tricia 8:30-9:15am	Cardio Sculpt Bonnie 8:30-9:30am	SPIN! Tricia 8:30-9:15am	Zumba Aleta 9:00-10:00am	EP30: Core & More Melissa Maria 10:00-10:30am
Yoga Nancy 10:00-11:00am	Pilates Stretch Dyanne 9:30-10:30am	Yoga Nancy 10:00-11:00am	Pilates Stretch Kristine 9:30-10:30am	Yoga Allison L. 10:00-11:00am	Yoga Nancy 10:00-11:15am	Yoga Uma 10:00-11:00am
	Yoga Allison L. 4:00-4:45pm		Yoga Allison L. 4:00-4:45pm	SPIN! Melissa Maria 5:15-6:00pm		
SPIN! Tricia 5:15-6:00pm	Total Body Strength Allison N. 5:15-6:00pm	SPIN! Sandra 5:15-6:00pm	Total Body Strength Allison N. 5:15-6:00pm	EP30: HIIT Melissa Maria 6:15-6:45pm		
Dance Cardio Kristine 5:15-6:15pm	Zumba Cindy 6:15-7:00pm	Dance Cardio Kristine 5:15-6:15pm	Zumba Graciela 6:15-7:00pm			GYM HOURS Mon.-Thurs. 5am-10pm Fri. 5am-8pm Sat. 7am – 7pm Sun. 7am – 5pm CHILD CARE Mon.-Sun. 8am-12pm Tues/Wed/Thurs 4pm-6pm
Body Sculpt Kristine 6:15-7:00pm	EP30: Core & More Paula 6:30-7:00pm	Body Sculpt Kristine 6:15-7:00pm	EP30: Core & More Melissa F. 6:30-7:00pm	Tier 2 – Premium \$99/m		
	SPIN! Paula 7:15-8:00pm		SPIN! Melissa F. 7:15-8:00pm	Tier 1 – Basic \$49/m		

Classes in **BLUE FONT** are in the external Group Annex.