



Group Fitness Class Schedule

www.EastpointeHealthandFitness.com

Effective November 1, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Total Body Strength Abaigeal 5:00-6:00am		Total Body Strength Meredith 5:00-6:00am		Total Body Strength Bonnie 5:00-6:00am			
	SPIN! Sandra 6:00-6:45am		SPIN! Bonnie 6:00-6:45am		SPIN! Bonnie 7:00-7:45am	SPIN! Tricia 8:00-8:45am	
	EP30: SPIN! (PAUSED) 7:15-7:45am		EP30: SPIN! (PAUSED) 7:15-7:45am		Body Sculpt Bonnie 8:00-8:45am	Cardio Sculpt Nikki 8:00-8:45am	
Body Sculpt Grace 8:00-9:00am	EP30: Upper Body Amy 8:00-8:30am	Body Sculpt Grace 8:00-9:00am	EP30: Lower Body Jen 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 Amy 8:30-9:30am	SPIN! Tricia 8:30-9:15am	Zumba Aleta 9:00-10:00am	EP30: Core & More (Mezzanine) 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	
				SPIN! Melissa Maria 5:15-6:00pm			
SPIN! Tricia 5:15-6:00pm	Total Body Strength Abaigeal 5:15-6:15pm	SPIN! Sandra 5:15-6:00pm	Total Body Strength Abaigeal 5:15-6:15pm				
Body Sculpt Melissa F. 6:15-7:00pm	Zumba Cindy 6:15-7:00pm	Body Sculpt Nikki 6:15-7:00pm	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		
Yoga Uma 7:15-8:15pm	EP30: Core & More (Mezzanine) Nikki 6:30-7:00pm	Yoga Allison L. 7:15-8:15pm	EP30: Core & More (Mezzanine) Melissa F. 6:30-7:00pm	Tier 2 – Premium \$99/m			
	SPIN! Melissa F. 7:15-8:00pm		SPIN! Melissa F. 7:15-8:00pm	Tier 1 – Basic \$49/m			

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