

TRIANGLE FITNESS **24/7**

FITNESS CLASS SCHEDULE

<u>TIME</u>	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>	<u>**SUN</u>
5:30AM	KETTLEBELL Mel	SPIN Mel	SPIN Mel	Cardio/ Weights/Abs Mel	SPIN Mel		
8 AM							
9 AM	Spin Angie	Cardio Fit Angie	Spin Angie	Cardio Fit Angie	Spin Angie		
10 AM	Silver Sneakers Brittney	Silver Sneakers Angie	Silver Sneakers Brittney	Silver Sneakers Angie			
11 am							
3:00 PM							
5 PM	SPIN Liz Cardio/Strength Jo	Kettlebell Brittney	SPIN Liz CORE & MORE – BASIC STEP Dallas		Spin (5:30) Buddy		
6 PM	SPIN Paula Yoga Fatima	SPIN Buddy	SPIN Paula ZUMBA (6:15) Fatima	Spin Buddy Kettlebell Brittney			
7 PM	ZUMBA Fatima	Boot Camp Brooke	Power Pilates/Yoga Brooke				
7:30 PM				YOGA (Beginner) Leanna			

****Triangle Fitness is open Monday – Thursday 8 am to 9 pm; Friday 8 am to 7 pm, and Saturday 8 am to 4 pm.**