

FILESS Schedule April 2024

- 1	y of FAI Sunday	Monday	Tue	sday	Wednesday	Thurs	sdav	Friday
5:30 AM	Sanady			oudy	i i cancoda y		Judy	Thuy
5:45 AM								
6:00 AM 6:15 AM		CSS Early Birds			Build & Sculpt			CSS Early Birds
6:30 AM		6:00-7:00			6:00-7:00			6:00-7:00
6:45 AM		w/Michelle			w/ Rebecca			w/Michelle
7:00 AM	Closed							
7:15 AM 7:30 AM	Closed							
7:45 AM								
8:00 AM								
8:15 AM		Mystery Monday	Muscle	e Pump		Muscle	Pump	Tabata Barre
8:30 AM 8:45 AM		8:15-9:10	8:15	-9:15		8:15-	9:10	8:15-9:00
9:00 AM		w/Kristie	w/K	ristie		w/Kr	istie	w/Kristie
9:15 AM		Pilates				Pila	tes	
9:30 AM		9:15-10:15	Balaı	nce N		9:15-2		Balance N
9:45 AM		w/Denise	Motion			w/Denise		Motion
10:00 AM 10:15 AM		Wy Demise	9:30-	10:30				9:30-10:30
10:30 AM			w/A	oife				w/Aoife
10:45 AM								
11:00 AM 11:15 AM								
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11:45 AM								
3:15 PM 3:30 PM								
3:45 PM								
4:00 PM								
4:15 PM 4:30 PM								Closed
4:45 PM								Closed
5:00 PM				_				
5:15 PM			Cardio	Total		Tabata	Total	
5:30 PM		Muscle Pump	Kickboxing	Strength Fitness	Muscle Pump	5:15-6:15	Strength Fitness	Fitness Hours
5:45 PM		5:15-6:15	5:15-6:15	5:30-6:30	5:15-6:15		5:30-6:30	of Operations
6:00 PM		5:15-6:15 w/Kristie	w/Kristie	5:30-6:30 w/Tim	5:15-6:15 w/Kristie	w/Kristie	5:30-6:30 w/Tim	of Operations
6:00 PM 6:15 PM		5:15-6:15 w/Kristie	w/Kristie		5:15-6:15 w/Kristie		w/Tim	Sun. 9am-6pm
6:00 PM 6:15 PM 6:30 PM	Closed		w/Kristie Spin	w/Tim		w/Kristie	w/Tim -Off	Sun. 9am-6pm Mon-Thurs.
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6:00 PM 6:15 PM 6:30 PM	Closed		w/Kristie Spin 6:15-	w/Tim n-Off -7:15		w/Kristie Spin 6:15-	w/Tim -Off 7:15	Sun. 9am-6pm Mon-Thurs. 5am-9pm Fri. 5am-4pm Sat.
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