

SEPTEMBER GROUP EXERCISE SCHEDULE

AM

PM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycling (CS) 5:30-6:30am—Lucas	HIIT Total Body (MS) 5:30-6:30am—Jen T	Cycling (CS) 5:30-6:30am— Lucas	HIIT Total Body (MS) 5:30-6:30am—Jen T	Cycling (CS) 5:30-6:30am—Lucas	TRX (MS) 8:00-9:00am—Ben	
Cycling (CS) 8:30-9:30am—Monica	Ben's Boot Camp (MS) 7:30-8:30am—Ben	Cycling (CS) 8:30-9:30am—Tricia	Mat Pilates (MS) 8:30-9:30am—Tricia	Cycling (CS) 8:30-9:30am—Tricia	Cycling (CS) 9:00-10:00am—Monica **NEW INSTRUCTOR**	
TRX (MS) 8:30-9:30am—Ben	Mat Pilates (MS) 8:30-9:30am—Jen R	TRX (MS) 8:30-9:30am—Ben	HIGH Fitness (MS) 9:30-10:30am— Christine	TRX (MS) 8:30-9:30am—Ben	Yoga (BR) 9:00-10:00am—Sara	
CardioSculpt (MS) 9:30-10:30am—Katie	HIGH Fitness (MS) 9:30-10:30am—Christine	Core Yoga (BR) 9:30-10:30am—Beth	Spin/Sculpt (CS) 9:30-10:30am—Tricia	CardioSculpt (MS) 9:30-10:30am—Katie		
Core Yoga (BR) 9:30-10:30am—Sierra				Yoga (BR) 9:30-10:30am—Sierra		
6 Pack Abs (MS) 5:00-5:30pm—Bree	Cardio Kickboxing (MS) 6:00-7:00pm—Mike	6 Pack Abs (MS) 5:00-5:30pm—Bree	Cardio Kickboxing (MS) 6:00-7:00pm—Mike	Club Hours Mon-Thurs 4:30am-11:00pm Friday 4:30am-10:00pm Sat-Sun 6:00am-9:00pm Contact Us (559) 434-0700 www.FWFgym.com		
Cycling (CS) 5:30-6:30pm—Bree	Yoga (BR) 7:00-8:00pm—Parminder	Cycling (CS) 5:30-6:30pm—Bree	Yoga (BR) 7:00-8:00pm—Kamal			
TRX (MS) 6:00-7:00pm—Lucas **NEW CLASS**		TRX (MS) 6:00-7:00pm—Lucas **NEW CLASS** **STARTS 9/12**				

CLASS LOCATION

(MS)- Main Studio
 (CS)- Cycling Studio
 (BR)- Bamboo Room



9471 N. Fort Washington Rd.
Fresno, CA 93730