

NOVEMBER GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	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
	Rob's Bootcamp (MS) 6:15-6:45am—Rob **NEW CLASS**	Ben's Boot Camp (MS) 7:30-8:30am—Ben	Rob's Bootcamp (MS) 6:15-6:45am—Rob **NEW CLASS**	Mat Pilates (MS) 8:30-9:30am—Tricia	Rob's Bootcamp (MS) 6:15-6:45am—Rob **NEW CLASS**	Cycling (CS) 9:00-10:00am—Monica
	Rob's Bootcamp (MS) 8:00-8:30am-- Rob **NEW CLASS**	Mat Pilates (MS) 8:30-9:30am—Jen R	Rob's Bootcamp (MS) 8:00-8:30am-- Rob **NEW CLASS**	HIGH Fitness (MS) 9:30-10:30am— Mercy **NEW INSTRUCTOR**	Rob's Bootcamp (MS) 8:00-8:30am-- Rob **NEW CLASS**	Yoga (BR) 9:00-10:00am—Sara
	TRX (MS) 8:30-9:30am—Ben	HIGH Fitness (MS) 9:30-10:30am—Mercy **NEW INSTRUCTOR**	Cycling (CS) 8:30-9:30am—Tricia	Spin/Sculpt (CS) 9:30-10:30am—Tricia	TRX (MS) 8:30-9:30am—Ben	
	CardioSculpt (MS) 9:30-10:30am—Katie		TRX (MS) 8:30-9:30am—Ben		CardioSculpt (MS) 9:30-10:30am—Katie	
Yoga (BR) 9:30-10:30am—Cher		Core Yoga (BR) 9:30-10:30am—Beth		Yoga (BR) 9:30-10:30am—Sierra		
PM	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	<p>Club Hours</p> <p>Mon-Thurs 4:30am-11:00pm</p> <p>Friday 4:30am-10:00pm</p> <p>Sat-Sun 6:00am-9:00pm</p> <p>Contact Us</p> <p>(559) 434-0700</p> <p>www.FWFgym.com</p>	
	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		TRX (MS) 6:00-7:00pm—Lucas			

CLASS LOCATION

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



**9471 N. Fort Washington Rd.
Fresno, CA 93730**