

DECEMBER 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
	Rob's Bootcamp (MS) 6:15-6:45am—Rob	Rob's Bootcamp (BR) 6:15-6:45am—Rob **NEW CLASS**	Rob's Bootcamp (MS) 6:15-6:45am—Rob	Rob's Bootcamp (BR) 6:15-6:45am—Rob **NEW CLASS**	Rob's Bootcamp (MS) 6:15-6:45am—Rob	Cycling (CS) 9:00-10:00am—Monica
	Rob's Bootcamp (MS) 8:00-8:30am-- Rob	Ben's Boot Camp (MS) 7:30-8:30am—Ben	Rob's Bootcamp (MS) 8:00-8:30am-- Rob	Rob's Bootcamp (BR) 8:00-8:30am—Rob **NEW CLASS**	Rob's Bootcamp (MS) 8:00-8:30am-- Rob	Yoga (BR) 9:00-10:00am—Sara
	TRX (MS) 8:30-9:30am—Ben	Rob's Bootcamp (BR) 8:00-8:30am-- Rob **NEW CLASS**	Cycling (CS) 8:30-9:30am—Tricia	Mat Pilates (MS) 8:30-9:30am—Tricia	TRX (MS) 8:30-9:30am—Ben	
	CardioSculpt (MS) 9:30-10:30am—Katie	Mat Pilates (MS) 8:30-9:30am—Jen R	TRX (MS) 8:30-9:30am—Ben	HIGH Fitness (MS) 9:30-10:30am— Mercy	CardioSculpt (MS) 9:30-10:30am—Katie	
	Yoga (BR) 9:30-10:30am—Cher	HIGH Fitness (MS) 9:30-10:30am—Mercy	Core Yoga (BR) 9:30-10:30am—Beth	Spin/Sculpt (CS) 9:30-10:30am—Tricia	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	
	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			

Contact Us
(559) 434-0700
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CLASS LOCATION
(MS)- Main Studio
(CS)- Cycling Studio
(BR)- Bamboo Room

