

# JANUARY GROUP EXERCISE SCHEDULE

AM

PM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cycling (CS) 5:30-6:30am—Lucas	Rob's Bootcamp (MS) 6:15-6:45am—Rob	Cycling (CS) 5:30-6:30am— Lucas	Rob's Bootcamp (MS) 6:15-6:45am—Rob	Cycling (CS) 5:30-6:30am—Lucas	TRX (MS) 8:00-9:00am—Ben
	Rob's Bootcamp (MS) 6:15-6:45am—Rob	Ben's Bootcamp (MS) 7:30-8:30am—Ben	Rob's Bootcamp (MS) 6:15-6:45am—Rob	Cycle Bootcamp (CS) 7:30-8:30am—Tricia <b>**NEW CLASS**</b>	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	Rob's Bootcamp (BR) 8:00-8:30am-- Rob	Rob's Bootcamp (MS) 8:00-8:30am-- Rob	Rob's Bootcamp (BR) 8:00-8:30am—Rob	Rob's Bootcamp (MS) 8:00-8:30am-- Rob	Yoga (BR) 9:00-10:00am—Sara
	TRX (MS) 8:30-9:30am—Ben	Mat Pilates (MS) 8:30-9:30am—Jen R	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	HIGH Fitness (MS) 9:30-10:30am—Mercy	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—Sarah <b>**NEW INSTRUCTOR**</b>		Core Yoga (BR) 9:30-10:30am—Beth		Yoga (BR) 9:30-10:30am—Sierra	
	B-Fit Bootcamp (MS) 6:15-6:45pm—Becky <b>**NEW CLASS**</b>	Cardio Kickboxing (MS) 6:00-7:00pm—Mike	B-Fit Bootcamp (MS) 6:15-6:45pm—Becky <b>**NEW CLASS**</b>	Cardio Kickboxing (MS) 6:00-7:00pm—Mike	<b>Club Hours</b> <b>Mon-Thurs</b> <b>4:30am-11:00pm</b> <b>Friday</b> <b>4:30am-10:00pm</b> <b>Sat-Sun</b> <b>6:00am-9:00pm</b>	
		Yoga (BR) 7:00-8:00pm—Parminder		Yoga (BR) 7:00-8:00pm—Kamal		

**Contact Us**  
**(559) 434-0700**  
[www.FWFgym.com](http://www.FWFgym.com)

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

**CLASS LOCATION**

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

