































GROUP-X

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0830-0930	 ROSE CYCLE KULIA FC	 KATIE YOGA YIN KULIA FC	 KATIE YOGA FLOW KULIA FC	 KATIE YOGA FLOW KULIA FC	 KATIE YOGA YIN KULIA FC	
0945-1045	 KATIE YOGA FLOW KULIA FC	 JOANNE GRIT & GRIND KULIA FC	 JOANNE GRIT & GRIND KULIA FC	 JOANNE GRIT & GRIND KULIA FC	 JOANNE GRIT & GRIND KULIA FC	
0930-1030						 WENDY WATER EXERC. MAIN POOL
1045 & 1145	 FITNESS SPEC. (AD ONLY) SGTMAJ PORTER FIELD	 FITNESS SPEC. (AD ONLY) SGTMAJ PORTER FIELD	 FITNESS SPEC. (AD ONLY) SGTMAJ PORTER FIELD	 FITNESS SPEC. (AD ONLY) SGTMAJ PORTER FIELD	 FITNESS SPEC. (AD ONLY) SGTMAJ PORTER FIELD	
1130-1230	 MERI ZUMBA KULIA FC		 ROSE CYCLE KULIA FC			

GROUP-X INSTRUCTORS



KATIE



MERI



ROSE



JOANNE