



# Horario de clases en grupo

www.regionalfitnesscenter.com • (320)589-6485

Instagram: @rfc\_morris

Facebook: @RegionalFitnessCenter

## A partir del 16 de enero

	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
5:30-6:30am	Body Pump/ Les Mills Core™ <i>Esther</i>	5:15-6:00am Bonnie's Early Bird Circuit	Body Pump™ <i>Brooke</i>	5:15-6:00am Bonnie's Early Bird Circuit	Body Pump™ <i>Brooke</i>		
8:15-9:00am		Dance Fitness <i>Suzie</i>				8:05-8:50am Saturday Sweat <i>(Instructor's choice cardio rotation)</i>	
9:15-10:00am	Seated Yoga <i>Suzie</i>	Seated Strength & Cardio <i>Suzie</i>	Seated Yoga <i>Ingrid</i>	Seated Strength & Cardio <i>Ingrid</i>		9:00-10:00am Body Pump™ <i>Rotation</i>	
11:05-11:50am	Power 45 <i>Shadow</i>	Cycle <i>Shadow</i>	Barre <i>Ingrid</i>	Core Cycle <i>Ingrid</i>	Total Body Toning <i>Shadow</i>		
12:10-12:50pm	Total Body Toning <i>Elissa</i>	Body Pump™ <i>Elissa</i>	Kickboxing <i>Suzie</i>	Body Pump™ <i>Shadow</i>	Power Lane <i>Ingrid</i>		
1:10-1:50pm	Yoga <i>Shadow</i>		Yoga <i>Shadow</i>		Yoga <i>Tricia</i>		
5:15-6:00pm	ZUMBA® <i>Amy</i>	Body Pump™ <i>Andrea</i>	Cycle <i>Suzie</i>	5:15-5:45pm Les Mills Core™ <i>Esther</i>			4:00-4:45pm Cycle <i>Suzie</i>
5:15-6:00pm	HIIT Deep <i>Mary</i>	Yoga <i>(Racquetball Court)</i> <i>Amy</i>	HIIT Deep <i>Mary</i>	Yoga <i>(Racquetball Court)</i> <i>Susie</i>			
6:15-7:00pm	Power 45 <i>Sydney</i>						