November Clovis Aerobic Schedule

Monday

Surge Hybrid
5:15am-6:15am - Gina
Power Pilates
7:00:8:00am - Tami
High Fitness
8:30-9:30am - Jen
Sculpt
9:30-10:30am - Jen
High Fitness
5:30-6:30pm - Jenna
Pilates
6:30-7:30pm - Ashley M.
Yoga
7:35-8:35pm - Ginger

Tuesday

H.I.I.T
5:00-6:00am - Mary
High Fitness
8:30-9:30am - Dre/Crystal
Surge Strength
9:30-10:30am - Allison
Surge Strength + High Fitness
5:00-6:00pm - Nicole/Paige
Yoga
7:30-8:30pm - Tracey
Dance Fitness
8:30-9:30pm- Jared

Wednesday

Conditioning & Core
5:00-6:00am - Mary
Power Pilates
7:00:8:00am - Tami
High & Surge
8:30-9:30am - Allison
Dance Fitness
9:30-10:30am - Vicki
Surge Fit
5:30-6:30pm - Nicole
Pilates
6:30-7:30pm - Ashley M.
TURN UP
7:30-8:30pm - Tiffany

Thursday

H.I.I.T
5:00-6:00am - Mary
High Fitness
8:30-9:30am - May
Surge/Sculpt
9:30-10:30am - Hannah/Jenn
Surge Strength
5:00-6:00pm - Ashley/Annie
Pilates
6:00-7:00pm - Willow
Yoga
7:15-8:15pm - Rhonda
Dance Fitness
8:30-9:30pm- Jared

Friday

Power Pilates
7:00:8:00am - Tami
Zumba
8:15-9:15am - Julianne
Kick Fit
9:20-10:20am - Susan
Surge Hybrid
5:30-6:30pm - Abby
Dance Fitness
6:30-7:30pm - Manny

Saturday

High Fitness
8:30-9:30am - May
Yoga
10:00-11:00am - Rhonda

Sunday

High Fitness
8:30-9:30 am - May
Yoga
9:30-10:30 am - Christine

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