

GATOR GROUP FITNESS SCHEDULE

SHEFFIELD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15Am	LES MILLS RPM virtual	Spin w/Jamey	LES MILLS BODYPUMP Kimberly	Spin w/Jamey	LES MILLS BODYPUMP Kimberly	8:15AM LES MILLS BODYATTACK Christy
8:15AM		LES MILLS BODYPUMP	LES MILLS RPM virtual	LES MILLS BODYPUMP	LES MILLS RPM virtual	9:00AM LES MILLS BODYPUMP Christy
9:15AM				Core w/ Kimberly		10:00 AM Cardio Klckbox Erin
						Sunday
4:30PM	HIIT with Quenethia	Circuit Training Quenethia	HIIT with Quenethia	Booty Bootcamp Quenethia		3:00 LES MILLS RPM virtual
5:30PM	Cardio Hip Hop with Quenethia	LES MILLS RPM Christy	LES MILLS BODYPUMP Christy	LES MILLS RPM Christy	Cardip Hip Hop LaDarius	
6:30PM	YOGA with Randy	6:45 PM Cardio Hip Hop LADarius				