

GATOR GROUP FITNESS SCHEDULE SHEFFIELD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15Am		Swamp Spin w/Jamey	LES MILLS BODYPUMP Kimberly	Swamp Spin w/Jamey	LES MILLS BODYPUMP Kimberly	8:15am LES MILLS RPM Lori
8:15AM	LES MILLS RPM w/ Lori				LES MILLS RPM Express	8:15am LES MILLS BODYATTACK Christy
8:45am					LES MILLS BODYPUMP Express	9:00am LES MILLS BODYPUMP Christy
9:00am	LES MILLS BODYPUMP Rachel					Sunday
4:30PM	Booty Boot CAmp with Quenethia	LES MILLS BODYPUMP Quenethia	Cardio Dance and Core w/Marissa	LES MILLS BODYPUMP Quenethia		
5:30PM	Cardio Hip Hop with Quenethia	LES MILLS RPM Christy	LES MILLS BODYPUMP Christy	LES MILLS RPM Christy		
6:30PM						