

WINTER SCHEDULE

JANUARY 1 – 31

509.535.3554 • Athletic Club Hours

Monday thru Friday, 5:30am - 9:00pm

Saturday/Sunday, 7:00am - 7:00pm

	M	T	W	T	F	S	S
6:00AM		CYCLE* 45 MIN; BRIANNA C		HIIT STRENGTH 45 MIN; LANA G			
8:00AM					BARRE KASSANDRA S		
8:30AM	AQUA FITNESS PARNEY P		AQUA FITNESS PARNEY P		AQUA FITNESS PARNEY P		
9:00AM		BOOTCAMP MOLLY G		INDO-ROW/ SHOCKWAVE STEPHANIE G		BOOTCAMP 60 MIN; MOLLY G	*Online Class Reservations
9:15AM	CYCLE* BRITA/JODY C		CYCLE* MOLLY C	CYCLE 30/ CORE 15* BRITA/JODY C	CYCLE* MOLLY C		
9:30AM	BARRE MEEGAN S	GENTLE YOGA* TISH S	BARRE MEEGAN S	GENTLE YOGA* COURTNEY S	BOOTY BARRE HOLLY S		
10:45AM		GENTLE YOGA TISH S		GENTLE YOGA 50 MIN; COURTNEY S	YOGA FLOW NATALIE S		
12:00PM		CYCLE* 45 MIN; DONNA C					
4:45PM		CYCLE* JODY C		CYCLE* LORI C			
5:30PM	BARRE KASSANDRA S						
5:45PM		YOGA KASSANDRA S		YOGA KASSANDRA S			
6:00PM	AQUA FITNESS CLAIRE P		AQUA FITNESS CLAIRE P				

LOCATION KEY **G** – Gym • **C** – Cycling Studio • **S** – Studio • **P** – Pool

TENNIS

	M	T	W	T	F	S	S
9:00AM				LADIES' LEAGUE 9:00AM - 10:30PM	LADIES' LEAGUE 4.0+ 9:00AM - 10:30AM	MEGA CARDIO \$13/CLASS/PERSON 9:00 - 10:15AM	
10:30AM							PEE-WEEES 4-7 YEAR OLDS \$11/CLASS/PERSON 10:30 - 11:00AM SCRAPPERS 7-9 YEAR OLDS \$12/CLASS/PERSON 10:30AM - 12:00PM
12:00PM			CARDIO TENNIS \$11/CLASS/PERSON 12:00PM				
6:00PM		LADIES' LEAGUE 3.0-4.0 6:00 - 9:00PM	MEN'S LEAGUE 2.5-5.0 6:00 - 9:00PM				

Schedule subject to change. For the most current schedule go to www.Spokaneclub.org