



george brown sports club  
Clovis

**\*February Aerobic Schedules\***

**Monday**

**Cycle**  
5:30-6:30am - Gina  
**Beg. Pilates**  
7:00-8:00am - Patsy  
**Piloxing**  
8:00-9:00am - Shonna  
**Cycle**  
8:10-9:00am - Carrie  
**Kickbox Circuit**  
9:00-10:00am - Amy  
**Cycle**  
9:10-10:00am - Kristie  
**Sculpt**  
10:00-10:30am - Amy  
**Cycle**  
5:30-6:30pm - Shonna  
**Jam Session**  
5:30-6:30pm - Ray  
**Pilates**  
6:30-7:30pm - Melanie  
**Zumba**  
7:30-8:30pm - Favi

**Tuesday**

**Cycle**  
5:00-6:00am - Gina  
**H.I.I.T**  
5:00-6:00am - Mary  
**Bodysculpt**  
8:00-9:00am - Jen  
**Cycle**  
9:00-10:00am - Phillip  
**Resist-A-Ball**  
9:00-10:00am - Jen  
**Zumba**  
10:00-11:00am - Jessica  
**Cycle**  
4:15-5:15pm - Shonna/Michelle  
**Power Sculpt**  
4:30;5:30pm - Ashley D.  
**Zumba**  
5:30-6:30pm - April  
**Cycle**  
5:30-6:30pm - Michelle  
**Step/Butts & Guts**  
6:30-7:30pm - Ray  
**Cycle**  
7:00-8:00pm - Tina  
**Yoga**  
7:30-8:30pm - Christine

**Wednesday**

**Conditioning & Core**  
5:00-6:00am - Mary  
**Cycle**  
5:30-6:30am - Kris  
**Beg. Pilates**  
7:00-8:00am - Patsy  
**Zumba**  
8:00-9:00am - Jessica  
**Cycle**  
8:10-9:00am - Carrie  
**Kickbox Circuit**  
9:00-10:00am - Amy  
**Cycle**  
9:10-10:00am - Kristie  
**Sculpt**  
10:00-10:30am - Amy  
**Cycle**  
5:30-6:30pm - Lisa  
**Movin & Groovin**  
5:30-6:30pm - Ray  
**Pilates**  
6:30-7:30pm - Nia  
**Zumba**  
7:30-8:30pm - Amanda

**Thursday**

**Cycle**  
5:00-6:00am - Gina  
**H.I.I.T**  
5:00-6:00am - Mary  
**Bodysculpt**  
8:00-9:00am - Jen  
**Cycle/Abs**  
9:00-10:15am - Rhonda  
**Resist-A-Ball**  
9:00-10:00am - Jen  
**Zumba**  
10:00-11:00am - Jessica  
**Cycle**  
4:15-5:15pm - Ryan  
**Power Sculpt**  
4:30;5:30pm - Ashley D.  
**Zumba**  
5:30-6:30pm - April  
**Cycle**  
5:30-6:30pm - Kris  
**Movin & Groovin**  
6:30-7:30pm - Ray  
**Cycle**  
7:00-8:00pm - Karin  
**Yoga**  
7:30-8:30pm - Anna

**Friday**

**Cycle**  
5:30-6:30am - Kris  
**Beg. Pilates**  
7:00-8:00am - Patsy  
**Cycle**  
8:10-9:00am - Shonna  
**Cycle**  
9:10-10:00am - Kristie  
**Kickbox Circuit**  
9:00-10:00am - Amy  
**Pilates**  
10:00-10:45am - Amy

**Saturday**

**Cycle**  
7:15-8:15am - Shonna/Kris  
**Zumba**  
8:00-9:00am - Julio  
**Cycle**  
8:30-9:30am - Shonna/Andrea  
**Step**  
9:00-10:00am - Sandi  
**Cycle**  
9:45-10:45am - Kelly  
**Sculpt**  
10:00-10:30am - Sandi  
**Yoga**  
10:30-11:30am - Sandi

**Sunday**