Eastlake Ares Group Fitness Schedule

Tuesday	Wednesday	Thursday	Friday	Saturday
Body Pump		Body Pump		
5:30am		5:30am		
Katrina		Katrina		
	Body Pump			Body Pump
	9:00am			8:15am
	Racheal			Alissa/Denise
			Silver	
			Sneakers	
			9:00am	
			Racheal	
	Silver		Body Pump	
	Sneakers		9:30am	
Lori	10:00am		Sarah	
	Racheal			
	Body Pump			
	5:30pm			
	Alissa/Denise			
Zumba		Zumba		
6:30pm		6:30pm		
DeMarco		DeMarco		
	Karate		Karate	
	6:30pm		6:00pm	
	5:30am Katrina Zumba 6:30pm	5:30am Katrina Body Pump 9:00am Racheal Silver Sneakers 10:00am Racheal Body Pump 5:30pm Alissa/Denise Zumba 6:30pm DeMarco Karate	5:30am Katrina Body Pump 9:00am Racheal Silver Sneakers 10:00am Racheal Body Pump 5:30pm Alissa/Denise Zumba 6:30pm DeMarco Karate	5:30am Katrina Body Pump 9:00am Racheal Silver Sneakers 9:00am Racheal Silver Sneakers 10:00am Racheal Body Pump 5:30pm Alissa/Denise Zumba 6:30pm DeMarco Karate Karate