

SSC WEST END GROUP FITNESS

MON	TUES	WED	THUR	FRI	SAT	SUN
6am RPM Kristen	6am HEAT Danna	6am RPM Jay		6am Spin Christine	815am RPM Angela	815am TRX Lauren
915am Barre Julia	915am Barre Julia	915am Body Combat Jocelyn	915am Barre Lynn	6am TRX Lauren	815am Bodyflow Ashley	845am RPM Kristen/ Lee
915am Heat Lauren	1015am Bodyflow Kim	915am Spin Trapper	915am Heat Heather	915am Yoga Izzy	915am Barre Lynn	1015am Yoga Lynn
915am RPM Lynn S.			915am RPM Lee	915am TRX Heather	915am Heat Ashley	
1215pm HEAT Heather	1215pm TRX Heather	1215pm HEAT Lauren/ Ashley	1015am Bodyflow Lee	915am Spin Trapper	915am TRX Heather	
1215pm RPM Natalie		1215pm 30 min HIIT Spin Nick	1215pm Barre Julia	1215pm Body Combat Jocelyn		
445pm Barre Lynn	430pm HEAT Chris	430pm Pilates Deb I.		430pm Yoga Lynn		
530pm HEAT Danna	430pm RPM Lee	530pm Barre Mackenzie	530pm Barre Mackenzie			
530pm RPM Harmani	530pm Body Combat Trishia	530pm HEAT Lauren				
6pm Yoga Lynn	6pm RPM Chris	630pm TRX Lauren	6pm RPM Jay			



SEACOAST
SPORTS CLUB