

Group Exercise Schedule  
Starts Oct. 5th, 2020



www.redefinefitness.org

M O N	5:45-6:30am	7:15-8:15am	10:00-10:45am	11:00-11:45am	12-12:45pm	5:30-6:15pm		
	Sharon	Sharon	Judy	Judy	Dawn	Michelle		

T U E	5:45-6:30am	12-1pm	5:30-6:30 pm *new day/time!	5:45-6:30pm				
	Kathy	Christine	Sharon	Shannon				

W E D	5:45-6:30am	7:15-8:15am	11:00-11:40am	12-12:45pm				
	Sandy	Dawn	Judy	Sharon				

T H U R	5:45-6:30am	12-1pm	5:30-6:15pm					
	Kim	Christine	Dawn					

F R I	5:45-6:30am	7:15-8:15am	9:30-10:15am	10:00-10:45am	11:00-11:40am			
	Kathy	Dawn	Dawn	Judy	Judy			

S A T	9-9:45am* (last Sat.- 1 hr at 8:45 am)	10-11am						
	Instructor Team	Kim/Dawn						

\*Schedule subject to change due to instructor availability and holidays. Please visit <http://redefinefitness.org> to register and reserve your spot for classes.

