

Group Exercise Schedule
Starts January 4th, 2021



www.redefinefitness.org

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

T U E	5:45-6:30am	12-1pm	5:30-6:30 pm					
	Kathy	Christine	Sharon					

W E D	5:45-6:30am	7:00-7:45am *NEW Class!	7:15-8:15am	11:00-11:40am	12-12:45pm			
	Sandy	Michelle	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 (until 1/15)	5:45-6:30am (starts 1/22)	7:15-8:15am	9:30-10:15am (until 1/15)	9:30-10:15am (starts 1/22)	10:00-10:45am	11:00-11:40am	
	Kathy	Kathy	Dawn	Dawn	Dawn	Judy	Judy	

S A T	9-9:45am* (last Sat.- 1 hr at 8:45 am)	10-11am				S U N	4:00-4:45pm (until 1/17) *NEW Class!	4:00-4:45pm (starts 1/23) *NEW Class!	
	Instructor Team	Kim/Dawn					Shannon	Shannon	

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

