

Group Exercise Schedule
Starts August 25, 2025



www.redefinefitness.org

M O N	5:45-6:30 am	7:15-8:15 am	9:30-10:15 am *New Class Time!	11:00-11:55 am	12:15-1:10 pm	5:45-6:30 pm		
	Sharon	Sarah S.	Sarah S.	Judy	LeAnne	Michelle		
T U E	5:45-6:30 am	12:10-1:00 pm	5:45-6:40 pm					
	Kim	Christine	Sharon					
W E D	7:15-8:15 am	11:00-11:55 am						
	Sarah S.	Judy						
T H U R	5:45-6:30 am	11:30am-12:20pm	12:35-1:25 pm	5:45-6:45 pm				
	Kim	Christine	Christine	Charlotte				
F R I	9:30-10:15 am	11:00-11:55 am						
	Instructor Team	Judy						
S A T	9-9:45 am	10-11 am				S U N		
	Instructor Team	Instructor Team						

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

