

2021 ZACH'S CLUB GROUP FITNESS SCHEDULE

ZACHSCLUB.COM 4229 78TH STREET 806-780-5454

Group Fitness Director Natasha Mathis 806-559-8433 New Schedule Starts FEBRUARY 1ST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM-6:15AM BODYPUMP ERIN		5:15AM-6:15AM BODYPUMP NATASHA		5:15AM-6:15AM BODYPUMP CHRISTY		
8:00AM-9:00AM SCULPT SARAH	8:00AM-8:45AM HIGH FITNESS REAGAN	8:00AM-9:00AM SCULPT SARAH		8:00AM-9:00AM SCULPT SARAH		
	9:00AM-10:00AM BODYPUMP ASHLEE	9:00AM-10:00AM HIGH FITNESS REAGAN	9:00AM-10:00AM BODYPUMP ASHLEE	9:00AM-10:00AM HIGH FITNESS TISH	9:00AM-10:00AM CARDIO FUSION ROTATING INSTRUCTOR	
					10:00AM-11:00AM BODYPUMP ROTATING INSTRUCTOR	
12:00PM-12:45PM YOGA ANGIE		12:00PM-12:45PM POWER YOGA DEBORAH		12:00AM-12:45PM YOGA STRETCH DEBORAH		
			4:30PM-5:30PM HIGH FITNESS ALLY			2:00PM-3:00PM BODYPUMP ROTATING INSTRUCTOR
5:30PM-6:30PM BODYPUMP NATASHA	5:30PM-6:30PM HIGH FITNESS ALLY	5:30PM-6:30PM BODYPUMP ERIN	5:30PM-6:15PM HOT MESS EXPRESS BOOT CAMP ERIN/NATASHA			
6:30PM-7:15PM ATTACK ERIC		6:30PM-7:00PM BOOTCAMP ERIN				
C	Y	C	L	I	N	G
5:15AM-6:15AM ZACH'S CLUB CYCLING SMITTY	5:15AM-6:15AM ZACH'S CLUB CYCLING AUDREY	5:15AM-6:15AM ZACH'S CLUB CYCLING SMITTY	5:15AM-6:15AM ZACH'S CLUB CYCLING AUDREY	5:15AM-6:15AM ZACH'S CLUB CYCLING SMITTY		
9:00AM-10:00AM ZACH'S CLUB CYCLING MICHELLE		9:00AM-10:00AM ZACH'S CLUB CYCLING MICHELLE		9:00AM-10:00AM ZACH'S CLUB CYCLING MICHELLE		