

# 2020 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 AUGUST 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-9:00AM SCULPT SARAH		8:00AM-9:00AM SCULPT SARAH		
9:00AM-10:00AM HIGH FITNESS REAGAN	9:00AM-10:00AM BODYPUMP ASHLEE	9:00AM-9:45AM TABATA MELISSA	9:00AM-10:00AM BODYPUMP ASHLEE	9:00AM-10:00AM HIGH FITNESS REAGAN	9:00AM-10:00AM CARDIO FUSION ROTATING INSTRUCTOR	
12:00PM-12:45PM YOGA ANGIE		12:00PM-12:45PM POWER YOGA DEBORAH		12:00AM-12:45PM YOGA STRETCH DEBORAH		
						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 CARDIO BOOT CAMP ERIN/NATASHA			
6:30PM-7:15PM ATTACK ERIC		6:30PM-7:00PM BOOTCAMP ERIN				
<b>C</b>	<b>Y</b>	<b>C</b>	<b>L</b>	<b>I</b>	<b>N</b>	<b>G</b>
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		