

PHIFER WELLNESS CENTER

GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM CrossFit	6:00 AM CrossFit	6:00 AM CrossFit	6:00 AM CrossFit	6:00 AM CrossFit	
10:00 AM FIT & STRONG	10:00 AM WATER FITNESS	10:00 AM FIT & STRONG	10:00 AM WATER FITNESS	10:00 AM FIT & STRONG	9:00 AM CrossFit
11:00 AM CrossFit	11:00 AM CrossFit	11:00 AM CrossFit	11:00 AM CrossFit	11:00 AM CrossFit	10:00 AM CrossFit
12:15 PM YOGA	12:15 PM PILATES	12:15 PM YOGA	12:15 PM PILATES	11:00 AM YOGA	10:00 AM YOGA
12:15 PM HIIT		12:15 PM HIIT	1:00 PM AQUA STAND UP	12:15 PM HIIT	
4:30 PM CrossFit	4:30 PM CrossFit	4:30 PM CrossFit	4:30 PM CrossFit	4:30 PM CrossFit	
5:30 PM CrossFit	5:30 PM CrossFit	5:30 PM CrossFit	5:30 PM CrossFit		
5:15 PM WATER FITNESS	5:15 PM PiYo				