

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 CrossFit
10:00 AM Fit & Strong	10:00 AM Water Fitness	10:00 AM Fit & Strong	10:00 AM Water Fitness	9:00 AM Aqua Stand Up	
11:00 AM CrossFit	11:00 AM CrossFit	11:00 AM CrossFit	11:00 AM CrossFit	10:00 AM Fit & Strong	
11:00 AM Yoga	11:00 AM Yoga	11:00 AM Yoga	11:00 AM Yoga	11:00 AM CrossFit	
12:15 PM DB Strength Training	12:15 PM Pilates	12:15 PM HIIT	4:30 PM CrossFit	11:00 AM Yoga	
4:30 PM CrossFit	4:30 PM CrossFit	4:30 PM CrossFit	5:30 PM CrossFit	12:15 PM Boot Camp	
5:30 PM CrossFit	5:30 PM CrossFit	5:30 PM CrossFit	5:15 PM Functional Fitness	4:30 PM CrossFit	
5:15 PM Water Fitness	5:15 PM Functional Fitness				