

BODY RENEW WASILLA CLASS SCHEDULE

MONDAYS

6:00 AM
KICKBOXING

INSTR. EMILY

9:00 AM
PIYO

INSTR. KATHI

10:15 AM
BR ZONE

INSTR. BRADY

5:00 PM
POUND

INSTR. KATHI

6:00 PM
YOGA

INSTR. KATHI

7:15 PM
BR ZONE

INSTR. BRADY

TUESDAYS

9:00 AM
CIRC TRAINING

INSTR. DENO

10:00 AM
PULSE

INSTR. DENO

4:15 PM
PIYO STRENGTH

INSTR. DENO

5:00 PM
BURN

INSTR. HEIDI

6:30 PM
PIYO ^{30min}

INSTR. BRITTANY

6:00 PM
ZUMBA

INSTR. BRITTANY

WEDNESDAYS

6:00 AM
KICKBOXING

INSTR. EMILY

9:00 AM
YOGA

INSTR. KATHI

10:15 AM
BR ZONE

INSTR. BRADY

5:00 PM
POUND

INSTR. KATHI

7:15 PM
BR ZONE

INSTR. BRADY

THURSDAYS

9:00 AM
CIRC TRAINING

INSTR. DENO

10:00 AM
PULSE

INSTR. HEIDI

4:15 PM
PIYO STRENGTH

INSTR. DENO

5:00 PM
BURN

INSTR. HEIDI

6:30 PM
PIYO ^{30min}

INSTR. BRITTANY

6:00 PM
ZUMBA

INSTR. BRITTANY

FRIDAYS

6:00 AM
KICKBOXING

INSTR. EMILY

8:00 AM
SIMPLY FIT

INSTR. KATHI

9:00 AM
PIYO

INSTR. KATHI

10:15 AM
BR ZONE

INSTR. BRADY

5:00 PM
CARDIO BLAST

INSTR. DENO

SATURDAYS

8:00 AM
CARDIO STRIKE

INSTR. KATHI

9:00 AM
YOGA

INSTR. KATHI

10:00 AM
PIYO STRENGTH

INSTR. DENO

11:15 AM
BR ZONE

INSTR. EMILY