



# KORE GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM							
6:00AM	VO2 H.I.I.T CARDIO (DAN)		KOREFIT (DAN)	TOPRIDE (MARK)	VO2 H.I.I.T (DAN)		
9:30AM	VO2 H.I.I.T CARDIO (DAN)	TOPRIDE (NAT)		YOGA (NATALIA)	UBOUND (VIRGINIA)	BEATS PILATES (KIM)	
10:30M		SENIORS (DAN)		SENIORS (CASEY)			
PM							
6:15PM	UBOUND (NAT)	CHARGED H.I.R.T (VIRGINIA)	TOPRIDE (NAT)				
6:15PM	VO2 H.I.I.T CARDIO (CASEY)		KOREFIT (DAN)	CHARGED H.I.R.T (CASEY)			
7:30PM	BEATS PILATES (CAROL)	YOGA (NATALIA)	HYPER C (KIM)	MOVEMENT (CASEY)			
8:00PM							
