



CHEYENNE MOUNTAIN
COLORADO SPRINGS

GROUP TRAINING SCHEDULE

JUNE 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM		Spin 45 - Krista		Spin 45 - Krista		
6:00AM	CCX - Sophie Yoga - Brett	Yoga - Ashley	CCX - Sophie Yoga - Brett	Yoga - Ashley		
7:30AM						Yoga - Jenna
8:00AM	CCX - Sophie	CCX - Sophie	CCX - Sophie	CCX - Sophie	CCX - Sophie	
8:30AM	Beach Yoga - Ashley	BarreSOL* Spin - Elizabeth		Spin - Elizabeth		
8:45AM						Beach Yoga -
9:00AM	CCX - Sophie Step - Lisa/Talisman	CCX - Sophie	Body Blitz - Cathy CCX - Sophie	CCX - Sophie Step & Strength - Lisa/Talisman	CCX - Sophie Core & More - Cathy	Spin - Elizabeth
9:30AM	Aqua Aerobics - Kim	Aqua Aerobics - Bonnie Sue	Aqua Aerobics - Kim	Aqua Aerobics - Bonnie Sue	Aqua Aerobics - Kim	
10:00AM	Yoga - Ashley	Yoga - Ashley		Yoga - Ashley	Yoga - Ashley	CCX - Jenna
11:15AM		Weightlifting- Elizabeth		Weightlifting- Elizabeth		
2:00PM	Ease Into Fitness - Gale		Ease Into Fitness - Gale		Ease Into Fitness - Gale	
6:00PM	Yoga - Brett					