

FALL 2023 FITNESS INSTRUCTOR SCHEDULE*

*SUBJECT TO CHANGE BASED ON INSTRUCTOR SUBSTITUTIONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	Barre Alexis N		Strength for Climbers Ethan G		Barre Alexis N		
7:15 AM		Strength45 Nina W		Strength45 Ethan G			
10:00 AM						Strength60 Nina W	HIIT Nuha A
10:30 AM	Core Kate J				Core Kate J		
10:45 AM							Core Nuha A
12:00 PM			Barre Kate J				
5:00 PM			Core Amanda S				
5:45 PM		Barre Amanda S		Barre Amanda S			
6:00 PM	Strength60 Sarah E		Strength60 Ethan G				
6:45 PM		Strength45 Tim S		Strength45 Christian A			
7:15 PM	HIIT Sarah E		Core30 Ethan G				
8:15 PM							Strength for Climbers Tyler W