

WINTER/SPRING 2024 FITNESS INSTRUCTOR SCHEDULE*

*SUBJECT TO CHANGE BASED ON INSTRUCTOR SUBSTITUTIONS

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