



South Group Fitness Schedule

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Spokane, WA 99223
509-448-8442

Group Fitness Schedule
Updated June 2010

S t u d i o	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	5:30 AM	S.E.T. Jacque	Pilates Jacque	20!20!20! Jacque			TKB Joelle		
	6:00 AM				Lean Body 30 Beth				
	8:00 AM	Pilates Carol	Sr Fitness Tracy	Pilates Carol	Sr Fitness Tracy	Zumba Rebekah Cindy	Combo Cindy		
	9:15 AM	20!20!20! Carol	Rep Carol	Combo Cindy	20!20!20! Molly/Rebekah	S.E.T. Lynn	Lift Cindy		
	10:30 AM		Pilates Rebekah			Yoga Lynn			
	4:00 PM							Yoga 75 Lynn	
	5:30 PM	Core 15 Anna	Core 15 Joelle						
	5:45 PM	S.E.T. Anna	Step Joelle	Zumba Rebekah	Yoga Jacy				
	7:00 PM	Yoga Lynn	Zumba Evi	PiYo Jacy					

C y c l e	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 AM			Cycle Sasha	Cycle 30 Beth	Cycle Sasha		
	7:45 AM						Cycle 75 Sasha	
	8:00 AM	Sr Cycle Amy						Cycle Jacque
	9:15 AM	Cycle Amy		Cycle Beth		Cycle Molly		
	5:30 PM				Cycle 75 Jacque			
	5:45 PM	Cycle Lynn	Cycle Jenn					

P o o l	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00 AM	Aqua Laurie	8:00 - 11:00 Pool	Aqua Beth		Aqua Laurie		
	9:30 AM		Closed for Cleaning					
	3:00 PM	Aqua Parney		Aqua Parney		Aqua Parney		
5:45 PM		Aqua Sport Rebecca		Aqua Sport Rebecca				

All classes are 60 minutes unless noted otherwise.

All classes, times, and instructors subject to change and/or cancellation.

Guest pass members may attend classes between the hours of 8 AM and 9 PM only.

This and other Oz club class schedules can be found at <http://www.ozfitness.com>.

Click on Oz Classes.