



# Downtown Group Fitness Schedule

809 West Main Street  
 Spokane, WA 99207  
 509-747-2500

Group Fitness Schedule  
 Updated June 2010

S t u d i o	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 AM		Lift Tom		S.E.T. Jen			
	7:45 AM						Rep Reebok Tom	
	9:00 AM						Yoga 75 Jacy	
	12:10 PM	Step Lisa	Lift Amy	Lean Body Becky	S.E.T. Molly	Zumba Reina		
	1:10 PM	Yoga Lynn		Yoga Lynn				
	5:30 PM	TKB 30 Kristi	Yoga Jacy	S.E.T. Anna	Yoga Chelsea			
	6:00 PM	Lean Body 30 Kristi						

C y c l e	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 AM	Cycle Jen		Cycle Molly		Cycle Stacy		
	12:10 PM	Cycle Molly/Heather	Cycle Carina	Cycle Lynn	Cycle Amy			
	5:30 PM	Cycle Stacy		Cycle 75 Stacy				

\*See club Preview Calendar for dates and formats.

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.