

## PT PLUS GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5AM-10PM	5AM-10PM	5AM-10PM	5AM-10PM	5AM-9PM	7AM-3PM
5:15am Chris Spinning®	5:15am Tracy HIIT	5:15am Chris Spinning®	5:15am Tracy HIIT	5:15am Chris Spinning®	
	7:30am Mary Core & Flex		7:30am Mary Core & Flex		
8:15am Ali Fit+	8:15am Morgan Spinning®	8:15am Ali Fit+	8:15am Morgan Spinning®	8:15am Deb Fit+	8:30 AM Spinning®
9:30am Ali SilverSneakers® Circuit	9:30am Karla SilverSneakers® Classic	9:30am Ali SilverSneakers® Circuit	9:30am Karla SilverSneakers® Classic		9:30am Karla Yoga
10:30am Ali SilverSneakers® Yoga	10:30am Karla SilverSneakers® Classic	10:30am Ali SilverSneakers® Yoga	10:30am Karla SilverSneakers® Classic		Gymnastics* Sarah & Rachel
5:30pm Tracy HIIT & Spin	5:30pm Becca Spinning®	5:30pm Tracy HIIT & Spin	5:30pm Becca Spinning®		
	6:30pm Danette Toning Aerobics		6:30pm Danette Toning Aerobics		
Sunday Hours: CLOSED					



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