



2080 North Trezell Road – Casa Grande 85122 • (520)836-0613



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@247fitnesscg

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM		Cycle EXPRESS		Cycle EXPRESS		
7:30 AM						
8:00 AM		Senior Sit to be Fit Gabriele		Senior Sit to be Fit Gabriele		Yoga Nicole D.
9:00 AM	Indoor Cycling Dalia	Build It Burn It	Indoor Cycling Dalia	Indoor Cycling Jessica	Indoor Cycling	
9:00 AM	Senior Sit to be Fit Gabriele	ZUMBA Belinda		ZUMBA Gold Juanita	Senior Sit to be Fit Gabriele	Indoor Cycling
10:00 AM	Senior Cardio/Strength Gabriele		Senior Cardio/Strength Gabriele		Senior Cardio/Strength Gabriele	ZUMBA Krissa
5:30 PM		Yoga Nicole D.		Yoga Amanda		
6:30 PM	ZUMBA Belinda	ZUMBA Maria	ZUMBA Susie	ZUMBA Belinda		
6:30 PM	Indoor Cycling Jessica	Indoor Cycling Jessica	Indoor Cycling Dalia	MetCon		