



PRINT THE MOST RECENT GROUP FITNESS SCHEDULE AT:

**247FITNESSCG.COM**

2080 North Tre kell Road  
 Casa Grande, AZ 85122  
 (520)836-0613




247 FITNESS



@247FITNESSCG

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM		Cycle EXPRESS Nicole		Cycle EXPRESS Brandy		
8:00 AM		Senior Sit to be Fit Gabriele		Senior Sit to be Fit Gabriele		Yoga Nicole
8:30 AM			Cardio Kickboxing Cindy			
9:00 AM	Indoor Cycling Dalia		Indoor Cycling Dalia		Indoor Cycling Krissa	Indoor Cycling Brandy
9:00 AM	Senior Sit to be Fit Gabriele	ZUMBA Belinda		ZUMBA Gold Juanita	Senior Sit to be Fit Gabriele	
9:30 AM	Yoga Lin		Yoga Lin			
10:00 AM	Senior Cardio/Strength Gabriele		Senior Cardio/Strength Gabriele		Senior Cardio/Strength Gabriele	Zumba Krissa
5:30 PM		Yoga Nicole		Yoga Amanda		
6:30 PM	Zumba Belinda	Zumba Maria O.	Zumba Susie	Zumba Belinda		
6:30 PM		Indoor Cycling Brandy	Power Cycle Kathy	MetCon		

 = New Class

