

Group Fitness Class Schedule

www.EastpointeHealthandFitness.com

Effective November 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Strength Greg 5:00-6:00am		Total Body Strength Meredith 5:00-6:00am		Total Body Strength Bonnie 5:00-6:00am		
EP30: HIIT Nikki 7:00-7:30am	SPIN! Melissa F. 6:00-6:45am	EP30: HIIT Nikki 7:00-7:30am	SPIN! Bonnie 6:00-6:45am		SPIN! Bonnie 7:00-7:45am	SPIN! Tricia 8:00-8:45am
Body Sculpt Grace 8:00-9:00am		Body Sculpt Grace 8:00-9:00am		Body Sculpt Grace 8:00-9:00am	Body Sculpt Bonnie 8:00-8:45am	Cardio Sculpt Nikki 8:00-8:45am
SPIN! Kristine 8:30-9:15am	Cardio Sculpt Dyanne 8:30-9:30am	SPIN! Tricia 8:30-9:15am	Cardio Sculpt Nikki 8:30-9:25am	SPIN! Tricia 8:30-9:15am	SPIN! Paula 8:00-8:45am	SPIN! Monica 9:00-9:45am
	Pilates Stretch Dyanne 9:30-10:30am	Yoga PLUS Nancy 9:30-10:00am	Pilates Stretch Kristine 9:30-10:30am		Zumba Aleta 9:00-9:55am	
Yoga Nancy 10:00-11:00am		Yoga Nancy 10:00-11:00am		Yoga Diane 10:00-11:00am	Yoga Nancy 10:00-11:15am	Yoga Uma 10:00-11:00am
SPIN! Tricia 5:15-6:00pm	Total Body Strength Kelley 5:15-6:10pm	SPIN! Lindsey 5:15-6:00pm	Total Body Strength Kelley 5:15-6:10pm			
Body Sculpt Melissa F. 6:15-7:00pm	Zumba Cindy 6:15-7:00pm	Cardio Kickboxing Mary 5:15pm-6:00pm	Zumba Graciela 6:15-7:00pm		GYM HOURS Mon.-Thurs. 5am-10pm Fri. 5am-8pm Sat. 7am – 7pm Sun. 7am – 5pm CHILD CARE Mon.-Sun. 8am-12pm Tues/Wed/Thurs 4pm-7pm	
	EP30: Core & More (Small Spin Studio) Kelley 6:30-7:00pm	Body Sculpt Monica 6:15-7:00pm	EP30: Core & More (Small Spin Studio) Melissa F. 6:30-7:00pm	Tier 2 – Premium \$99/m		
Yoga Uma 7:15-8:15pm	SPIN! Paula 7:15-8:00pm	Yoga Olivia 7:15-8:15pm	SPIN! Melissa F. 7:15-8:00pm	Tier 1 – Basic \$49/m		

Classes in **BLUE FONT** are in the external Gym Annex.