



## Group Fitness Class Schedule

[www.EastpointeHealthandFitness.com](http://www.EastpointeHealthandFitness.com)

*Effective September 2023*

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

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