

FITFEST

#GETYOURSWEATONCP2018 

SCHEDULE

SATURDAY, DECEMBER 15, 2018

GROUP EX STUDIO

6:30-7:30 AM
STEP CHALLENGE

7:40-8:40 AM
*BODYPUMP**

8:50-9:50 AM
BODYCOMBAT

10-11 AM
*BODYPUMP**

11:10-11:55 AM
MAT PILATES

FITNESS STUDIO

8-8:30 AM
*JUMP ROPE INTERVAL**

8:45-9:15 AM
*CXWORX**

9:45-10:45 AM
*TRX CIRCUIT**

MULTI-PURPOSE ROOM

8-9 AM
*CYCLE**

9:15-10:15 AM
YOGABASICS

**REQUIRES SIGN UP AT COURTS PLUS SERVICE DESK*

COURTS PLUS 