



CENTRALIA VIRTUAL CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5AM - 6AM	BodyPump	BodyFlow	BodyCombat	BodyPump	BodyCombat	BodyFlow	BodyPump
6AM - 7AM	BodyFlow	BodyCombat	BodyFlow	BodyPump	BodyFlow	BodyPump	BodyCombat
7AM - 8AM	BodyCombat	BodyFlow	BodyPump	BodyFlow	BodyCombat	BodyCombat	BodyFlow
8:15AM - 9:15AM	BodyPump	BodyCombat				BodyCombat	BodyFlow
9:15AM - 10:15AM	GRIT Cardio	BodyPump	GRIT Athletic	BodyFlow	GRIT Cardio		GRIT Strength
10:15AM - 11:15AM	GRIT Athletic	Silver Sneakers		Silver Sneakers			GRIT Athletic
11:15AM - 12AM	GRIT Athletic					BodyFlow	BodyPump
12PM - 1PM	BodyCombat	GRIT Strength	BodyFlow	GRIT Strength	GRIT Strength	BodyCombat	BodyCombat
1PM - 2PM	GRIT Strength	BodyFlow	BodyPump	BodyCombat	GRIT Cardio	GRIT Athletic	GRIT Strength
2PM - 3PM	BodyPump	BodyCombat	GRIT Cardio	BodyCombat	BodyPump	GRIT Strength	GRIT Cardio
3PM - 4PM	BodyFlow	BodyFlow	BodyFlow	BodyFlow	BodyFlow	BodyFlow	BodyFlow
4:30PM - 5:30PM	BodyCombat	GRIT Cardio				BodyPump	BodyCombat
5:30PM - 6:30PM		Grit Strength		BodyPump		GRIT Strength	BodyPump
6:30PM - 7:30PM		BodyPump		BodyCombat		BodyPump	BodyCombat
7:30PM - 8:30PM	BodyCombat	GRIT Cardio	BodyCombat	BodyFlow	BodyPump	BodyPump	BodyFlow



CHEHALIS VIRTUAL CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15AM - 6:15AM	BodyPump	RPM	BodyPump	RPM	BodyPump	BodyPump	BodyPump
6AM - 7AM	BodyFlow	RPM	BodyCombat	BodyFlow	RPM	BodyFlow	RPM
7AM - 8AM	GRIT Cardio	GRIT Strength	GRIT Cardio	GRIT Strength	GRIT Cardio	GRIT Strength	BodyFlow
8:45AM - 9:45AM							BodyFlow
9:45AM - 10:45AM							GRIT Strength
11AM - 12AM	RPM	RPM	RPM	RPM	RPM	RPM	RPM
12PM - 1PM	BodyPump	BodyCombat	BodyPump	RPM	BodyCombat	BodyPump	BodyCombat
1PM - 2PM	BodyCombat	RPM	BodyPump	RPM	GRIT Cardio	GRIT Cardio	GRIT Strength
2PM - 3PM	RPM	BodyFlow	GRIT Strength	BodyCombat	RPM	RPM	BodyPump
3PM - 4PM	BodyCombat	BodyPump	BodyFlow	BodyCombat	BodyPump	BodyFlow	RPM
4:30PM - 5:30PM		GRIT Strength			BodyPump	BodyPump	BodyCombat
5:45PM - 6:45PM	BodyPump				RPM	BodyCombat	BodyPump
6:45PM - 7:45PM	BodyPump	RPM	Grit Strength	RPM	BodyPump	GRIT Strength	BodyPump
7:45PM - 8:45PM	BodyFlow	BodyPump	Grit Strength	BodyPump	BodyCombat	RPM	GRIT Athletics