



## CENTRALIA VIRTUAL CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 am	BodyCombat	BodyCombat	BodyCombat	BodyCombat	BodyCombat	BodyCombat	BodyCombat
1:00 am	BodyBalance	BodyBalance	BodyBalance	BodyBalance	BodyBalance	BodyBalance	BodyBalance
2:00 am	BodyPump	BodyPump	BodyPump	BodyPump	BodyPump	BodyPump	BodyPump
3:00 am	GRIT Athletic	GRIT Athletic	GRIT Athletic	GRIT Athletic	GRIT Athletic	GRIT Athletic	GRIT Athletic
4:00 am	GRIT Strength	GRIT Strength	GRIT Strength	GRIT Strength	GRIT Strength	GRIT Strength	GRIT Strength
5:00 am	BodyPump	BodyBalance	BodyCombat	BodyPump	BodyCombat	BodyBalance	BodyPump
6:00 am	BodyBalance	BodyCombat	BodyBalance	BodyPump	BodyBalance	BodyPump	BodyCombat
7:00 am	BodyCombat		BodyPump	BodyBalance	CORE	BodyCombat	BodyAttack
8:00 am	GRIT Athletic	GRIT Cardio		GRIT Strength	CORE	BodyAttack	BodyBalance
9:00 am				Cardio & Strength	Barre: 9am CORE: 9:30am	GRIT Athletic: 9am CORE: 9:30am	GRIT Strength: 9am CORE: 9:30am
10:00 am					BodyAttack	BodyAttack	BodyBalance
11:00 am					BodyCombat	BodyCombat	BodyPump
12:00 pm	BodyCombat		BodyBalance	BodyPump	GRIT Strength	BodyCombat	BodyCombat
1:00 pm	GRIT Strength	BodyBalance	BodyPump	BodyCombat	GRIT Cardio	Barre	GRIT Strength
2:00 pm	BodyPump	BodyCombat	GRIT Cardio	BodyCombat	BodyPump	GRIT Strength	SH'BAM
3:00 pm	BodyBalance	BodyBalance	BodyBalance	BodyBalance	BodyBalance	BodyBalance	BodyBalance
4:00 pm	BodyPump	BodyCombat	BodyPump	BodyCombat	GRIT Cardio	BodyPump	BodyCombat
5:00 pm		BodyPump		BodyCombat	SH'BAM	Born To Move	BodyPump
6:30 pm	BodyCombat	BodyPump		BodyPump	BodyCombat	BodyPump	BodyAttack
7:30 pm	BodyCombat	GRIT Cardio	SH'BAM	BodyBalance	BodyPump	BodyAttack	BodyBalance
9:00 pm	GRIT Cardio	GRIT Cardio	GRIT Cardio	GRIT Cardio	GRIT Cardio	GRIT Cardio	GRIT Cardio
10:00 pm	BodyCombat		BodyCombat		BodyCombat	BodyAttack	BodyCombat
11:00 pm	BodyPump	BodyPump	BodyPump	BodyPump	BodyPump	BodyPump	BodyPump



## CHEHALIS VIRTUAL CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:05 am	BodyBalance	CORE	BodyBalance	CORE	BodyBalance	CORE	BodyBalance
4:00 am	Sprint	BodyPump: 4:30am	The Trip	Sprint	RPM	The Trip	Sprint
5:00 am	BodyPump		BodyPump		BodyPump	BodyAttack	BodyPump
6:00 am	BodyBalance		BodyCombat		BodyBalance	CORE	BodyBalance
7:00 am	BodyAttack	BodyBalance	BodyPump	BodyBalance	BodyBalance	BodyBalance	BodyBalance
8:00 am	CORE	Barre	CORE	Barre	CORE	Barre	CORE
9:00 am							SH'BAM
10:00 am							GRIT Strength
10:30 am							GRIT Cardio
11:00 am	BodyBalance				BodyBalance	CORE	CORE
12:00 pm	BodyAttack	BodyPump	BodyCombat	BodyAttack	BodyPump	BodyCombat	BodyAttack
1:00 pm	BodyCombat	BodyBalance	BodyAttack	SH'BAM	CORE	SH'BAM	GRIT Strength
2:00 pm	Barre	CORE	GRIT Strength		Barre	CORE	BodyPump
3:00 pm	BodyCombat	BodyPump	BodyBalance	BodyCombat	BodyAttack	BodyBalance	BodyCombat
4:30 pm					BodyAttack	BodyPump	BodyCombat
5:35 pm		BodyCombat	CORE	BodyBalance	SH'BAM	BodyCombat	CORE
6:45 pm	BodyPump	CORE	GRIT Strength	CORE	BodyPump	GRIT Strength	BodyPump
7:45 pm	BodyBalance	BodyAttack	SH'BAM	BodyPump	BodyCombat	CORE	GRIT Athletics
9:00 pm	Barre	BodyAttack	Barre	BodyAttack	Barre	BodyAttack	BodyBalance
9:30 pm	CORE		CORE		CORE		