

# GROUP X SCHEDULE

2025

WEST COAST STRENGTH EUGENE

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<b>MON</b>	<b>YOGA/CORE</b> KRISTIN	6 AM
	<b>BUTTS &amp; GUTS EXPRESS</b> GINA	8:30 AM
	<b>WARRIOR RHYTHM</b> DEBBIE	9:15 AM
	<b>CYCLE</b> DEBBIE	10:15 AM
	<b>CYCLE/CORE</b> JULES	5:30PM

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<b>THU</b>	<b>FUNCTIONAL STRENGTH</b> JODI	8:15 AM
	<b>BUTTS &amp; GUTS</b> GINA	9:15 AM
	<b>PILATES</b> CECILIA	10:15 AM
	<b>ADULT FIT FUSION</b> CAIT	11:15 AM
	<b>CYCLE FUSION</b> CAIT	5:30PM

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<b>TUE</b>	<b>FUNCTIONAL STRENGTH</b> JODI	8:15 AM
	<b>DANCE CARDIO</b> RACHAEL	9:15 AM
	<b>HIIT</b> CAIT	10:15 AM
	<b>ADULT FIT FUSION</b> CAIT	11:15 AM
	<b>CYCLE FUSION</b> CAIT	4:30 PM
	<b>TURN UP DANCE FITNESS</b> KEIKI	5:30 PM

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<b>FRI</b>	<b>CYCLE</b> RACHAEL	6 AM
	<b>YOGA</b> MICHAEL	8:00 AM
	<b>STRENGTH AND CONDITIONING</b> SARAH	9:15 AM
	<b>CYCLE</b> DEBBIE	10:15 AM

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<b>WED</b>	<b>GROUP POWER</b> KRISTIN	6 AM
	<b>YOGA</b> MICHAEL	8:00 AM
	<b>STRENGTH AND CONDITIONING</b> SARAH	9:15 AM
	<b>CYCLE</b> KRISTIE	10:15 AM
	<b>YOGA</b> SAM	5:30 PM

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<b>SAT</b>	<b>CYCLE</b> CAIT/SARAH	9:15 AM
	<b>STRENGTH AND CONDITIONING</b> CAIT/SARAH	10:00 AM

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<b>SUN</b>	<b>YOGA</b> JEMMA	9:15 AM
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