|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Cal Fit 10 Group Fitness Schedule | | | | | | | 2020 |
|  | | | | | | |  |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
| **6 AM**  **CARDIO STRENGTH AMBER** |  | **6 AM**  **CARDIO STRENGTH AMBER** | **9:30 AM**  **SS LATIN FUSION**  **RHONDA** |  |  |  | |
| **10:45 AM**  **SILVER SNEAKERS**  **NATALIA** | **9:30 AM**  **TBC**  **NATALIA** | **10:45 AM**  **SILVER SNEAKERS**  **NATALIA** | **10:30 AM**  **SS STRENGTH & BALANCE/RHONDA**  **RHONDA** | **10:45 AM**  **SS LATIN FUSION**  **RHONDA** | **9:45 AM**  **H.I.I.T**  **CRISSY** |  | |
|  | **10:45 AM**  **SILVER SNEAKERS**  **NATALIA** |  | **5:30 PM**  **CORE**  **ANDY** |  |  |  | |
| **6:00 PM**  **YOGA**  **ANDY** | **5:30 PM**  **HIP HOP**  **NATALIA** | **6:00 PM**  **YOGA**  **ANDY** | **6:30 PM**  **ZUMBA TONING**  **NATALIA** | **6:30 PM**  **ZUMBA FUSION**  **NATALIA** |  |  | |
| **6:45 PM**  **BOXING**  **(STUDIO 2)**  **SHAJIT** | **6:45 PM**  **BOXING**  **(STUDIO 2)**  **SHIVA** | **NEW!!**  **7:30 PM**  **H.I.I.T**  **CRISSY** | **6:45 PM**  **BOXING**  **(STUDIO 2)**  **SHIVA** |  |  |  | |
| **7:10 PM**  **LINE DANCE ZUMBA STYLE**  **NATALIA** |  |  | **7:30 PM**  **ZUMBA**  **ILIA** |  |  |  | |
|  |  |  |  |  |  |  | |

**KIDS CLUB HOURS**

**MONDAY – THURSDAY**

**8:30AM – 12:30 PM**

**4PM – 8:30PM**

**FRIDAY**

**8:30AM – 12:30PM**

**4PM- 8PM**

**SATURDAY 8AM -1PM**

CLUB HOURS

MONDAY - THURSDAY

5AM – 11PM

FRIDAY

5AM -10PM

SATURDAY – SUNDAY

8AM – 8PM

**LOCATION & CONTACT**

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**614-880-1100**

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