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| 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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