












FitQuest Fitness Group Fitness Schedule

Classes start promptly, please arrive on time.

Please arrive 10 minutes early for your first Group Power class

a.m./p.m.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
a.m.		6:00 		6:00 		8:00 	8:15 Core Moves
a.m.						9:15 	8:30 Basic Training
a.m.							9:30 Yoga
p.m.	5:15 	5:15 	5:15 Core Moves	5:30 Tabata Intervals	4:15 		
p.m.	6:30 	6:25 Yoga	5:30 Basic Training	6:00 Core Moves	5:25 		
p.m.		7:30 	6:30 	6:30 