

CHRISTUS® Trinity Mother Frances HEALTH & FITNESS CENTER

MON	TUE	WED	THUR	FRI	SAT
Morning Muscle 5:00-6:00am Amy	Gentle Morning Moves 8:00-8:45am Anne	Morning Muscle 5:00-6:00am Amy	Gentle Morning Moves 8:00-8:45am Anne	Body Blast 9:30-10:30am Orlando	Spin & Stretch 8:00-9:00am Amy
Spin Shred 9:00-10:00am Tina	Viniyasa Yoga 9:00-10:00am Kristen	Body Blast 9:30-10:30am Orlando	Viniyasa Yoga 9:00-10:00am Kristen	 <p>POOL HOURS:</p> <p>Mon - Thurs: 5am - 10pm Friday: 5am - 8pm</p> <p>Saturday & Sunday: 6am - 6pm</p>	
Glutes & Abs 12:15-12:45 Kim	La Blast 10:05-11:05am Kim	Gentle Yoga 10:35 - 11:35am Kristen	La Blast Silk 10:05-11:05am Kim		
Fierce 5:30-6:30pm Amy	Tabata 12:15-12:45 pm Amy	Glutes & Abs 12:15-12:45pm Kim	Pump 12:15 - 12:45 pm Amy		
Viniyasa Yoga 6:35-7:35pm Kristen	LaBlast 4:25-5:25 pm Kim	Hip Hop Spin Shred 5:30-6:30 Amy	Body Blast 4:25-5:25pm Amy		
			La Blast 5:30-6:30 Kim		



Viniyasa Yoga
9:00-10:00am
(Jennifer)



\$ Hot Yoga
6:45-7:45pm
(Roberta) \$5

