


























Gold's Gym Green Bay

Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15am				20/20/20 KATIE		7:00am	RX INTENSE \$ Trainers \$	
6:00am	Small Group Training \$ Trainers \$				Small Group Training \$ Trainers \$	8:00am	 BODYPUMP LAURA	
9:00am	 BODYPUMP Matt	 BODYFLOW Amy	 BODYPUMP Matt	 BODYFLOW Amy	Zumba DAWN	9:00am	 BODYCOMBAT MATT	
10.30am	Silver Sneakers Amy	Silver Sneakers Amy	Silver Sneakers Amy	Silver Sneakers Amy		8.00am	 BODYFLOW AMY	
Noon	 BODYFLOW Matt	 BODYPUMP Matt	Zumba Heather	 BODYPUMP SARAH				
4.45pm	 BODYPUMP Jessie		 BODYPUMP Melinda		 BODYPUMP Megan			
5.30pm		 BODYPUMP Laura		 BODYPUMP Megan				
5:45pm	Zumba Heather		 BODYCOMBAT Melinda					
6.45pm		 BODYFLOW SARAH		 BODYFLOW Amy				
7.00pm	 BODYPUMP SARAH		RX INTENSE \$ Trainers \$					

RPM Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15am	RPM/Hard Core Abs \$ Steve \$		RPM/Hard Core Abs \$ Steve \$		RPM/Hard Core Abs \$ Julie \$	8:00am		 RPM Laura
9:00am		Small Group Training \$ Trainers \$				8:30am		
Noon	 RPM Amie				 RPM Amie			
5:30pm		 RPM Julie		 RPM Julie				
5:00pm	Small Group Training \$ Trainers \$		Small Group Training \$ Trainers \$					
6:15pm			 RPM Rotating					

LES MILLS

