


# Group Training Schedule

Effective 12/1/22

. Pre-registration required for all classes. Link can be found at [www.corefitnessgrouptraining.com](http://www.corefitnessgrouptraining.com)

Mon Closed Monday, December 26th	Tue	Wed	Thur	Fri	Sat Closed Christmas Eve	Sun Closed Christmas Day
5:30-6:00am Metabolic 20	5:30-6:15am Spin	5:30-6:00am Metabolic 20	5:30-6:15am Spin	5:30-6:00am Nucleus		
6:00am-6:45am Group Strength	6:15-7:00am Functional Intensity	6:00am-6:45am Group Strength	6:15-7:00am Functional Intensity	6:00am-6:45 Core Cross	7:00-7:30am Group Strength	
7:30am-8:15am Group Strength		7:30-8:15am Group Strength		7:30am-8:15 Core Cross	7:30-8:15am Functional Training	
9:15am Core Conditioning				9:15am Trifit	8:15-8:45am Bootcamp Beats	8:30am Spin
9:30am Spin	9:30am Core Cross	9:30am Spin	9:30am Core Cross		8:45am Step Aerobics	
*4:00pm Athlete Speed and Strength level 1					 <p><b>Holiday Hours</b> Core Fitness will be closed Saturday, December 24th-Monday December 26th. We will also be closed on New Years Day, Sunday January 1st</p>	
*4:45-5:30pm Athlete Speed and Strength level 2		*4:45-5:30pm Athlete Speed and Strength level 2				
5:30 Cardio Kick and Sculpt	6:00-6:45pm Group Strength	6:15pm Spin	6:00-6:30pm Spin			
			6:30-7:00pm Sculpt			

\*Youth Fitness Classes