

**BelieveN-U Fitness, LLC Group Fitness Schedule
February 1-28, 2018**

	CLASS	TIME	INSTRUCTOR
MONDAY	Buttz/Gutz/Gunz w/ Spin	9:30-10:30am	Michelle
	<u>Hatha Class Level 1 Yoga</u>	4:15-5:15pm	Diana
	BodyShred&Core	5:30-6:15pm	Cory
	45min Cycle	6:30-7:15pm	Cory
TUESDAY	BodyShred	5:30-6:00am	Cory
	<u>Gentle Hatha Yoga</u>	8:45-10am	Diana
	Zumba	5:30-6:30pm	Michelle
	45min RIP	6:45-7:30pm	Michelle
	30min Cycle	7:30-8:00pm	Heather
WEDNESDAY	30 min Cycle	5:30-6:00am	Cory
	Cycle & Tone	9:30-10:30am	Cory
	Step & Sculpt	5:30-6:30pm	Erika
	PowerCircuit/Kamercise	6:45-7:30pm	Cory/Doug
	45min Cycle	7:30-8:15pm	Cory
THURSDAY	BodyShred	5:30-6:00am	Cory
	<u>Mixed Hatha Yoga</u>	8:00-9:00am	Karen
	Zumba	5:30-6:30pm	Kim
	Complete CORE/Cycle Fusion	6:30-7:30pm	Kim/Cory
FRIDAY	Cycle & Tone	5:30-6am	Cory
	Suspension	9:30-10:30am	Cory/Lisa
SATURDAY	Barbells & Dumbells	8:00-8:45am	Michelle/Cory
	45min Cycle	8:45-9:30am	Cory
SUNDAY	UGItone/SPIN Fusion	8-9am	Cory
	Buttz/Gutz/Gunz/Spin fusion	6:30-7:30pm	Michelle

Contact us for prices: 724-272-6186 Email: BelieveNUFit@gmail.com
facebook: BelieveNU Fitness & Website: www.BelieveNUFitness.com

**FIND US on the MINDBODY APP to see any class changes
& to hold your spot for class**

**NOTICE-Inner Peace-: "MINDFUL MEDITATION"
First TUESDAY of every month**