

**BelieveN-U Fitness, LLC Group Fitness Schedule
January 2-31, 2018**

	CLASS	TIME	INSTRUCTOR
MONDAY	Buttz/Guttz/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
	SPIN/Stretch/Relax 60 min	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 SPIN	7:30-8:00pm	Heather
WEDNESDAY	30 min SPIN	5:30-6:00am	Cory
	Spin & Tone	9-10am	Wendy
	Step & Sculpt	5:30-6:30pm	Erika
	PowerCircuit/Kamercise	6:30-7:30pm	Cory/Doug
	45 Min SPIN	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/Spin Fusion	6:30-7:30pm	Kim/Cory
FRIDAY	30 min SPIN	5:30-6:00am	Cory
SATURDAY	Barbells & Dumbells	8:00-8:45am	Michelle/Cory
	45 min SPIN	8:45-9:30am	Michelle/Cory
SUNDAY	UGItone/SPIN Fusion	8-9am	Cory
	Buttz/Guttz/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"

January 2nd @ 7:30am morning

January 28th @ 7:30pm evening