



GROUPX

MAY
5/1/19

10110 Evergreen Way
Everett WA 98204
425 347 5000

MON

TUES

WED

THUR

FRI

SAT

SUN

9 AM

AQUA FIT
MELODIE
•
YOGA
AYLA

**LOW IMPACT
FITNESS**
ROSA

YOGA
JIM

**LOW IMPACT
FITNESS**
ROSA
•
**PILATES-
YOGA**
ALLA

ZUMBA
DEBBIE

10 AM

ZUMBA
RLYNN

BUTI YOGA
AYLA

ZUMBA
RLYNN

BUTTS&GUTS
KATRINA
•
BUTI YOGA
AYLA

BOOTCAMP

11 AM

BOOTCAMP

5 PM

MIXXEDFIT
STEPH

ZUMBA
MEI

ZUMBA
MEI

6 PM

YOGA
ERIN

**CARDIO
CORE**
KATRINA

YOGA
ERIN

7 PM

ZUMBA
CHRISTINE

**ZUMBA
STRONG**
HEESUN

ZUMBA
CHRISTINE

**ZUMBA
STRONG**
HEESUN



FITLAB

MAY

5/1/19

10110 Evergreen Way
Everett, WA 98204
425 347 5000

MON

TUES

WED

THUR

FRI

6 AM

FITLAB
CORE
DANIELA

FITLAB
CONDITIONING
DANIELA

9 AM

FITLAB
LOWERBODY
RYAN

FITLAB
CORE
RYAN

FITLAB
UPPERBODY
DANNY

FITLAB
CONDITIONING
RYAN

FITLAB
TOTALBODY
RYAN

4 PM

FITLAB
LOWER BODY
DAVONN

FITLAB
CORE
RYAN

FITLAB
UPPERBODY
DANNY

FITLAB
CONDITIONING
DAVONN

5 PM

FITLAB
CONDITIONING
RYAN

FITLAB
UPPERBODY
DANNY

FITLAB
TOTALBODY
ANTHONY

6 PM

FITLAB
LOWER BODY
DAVONN

FITLAB
CORE
DANIELA

FITLAB
UPPERBODY
KATRINA

FITLAB
CONDITIONING
DAVONN

7 PM

FITLAB
CORE
DANIELA

FITLAB
CONDITIONING
DANIELA

*FITLAB is included in Fitlab membership

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