



Achieving Your Best Group Classes 2019

Class Schedule Effective November 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM	AYB Strength**	AYB Strength**	AYB Strength**	AYB Strength**	AYB Strength**		
5:15 AM	AYB Group	AYB Group	AYB Group	AYB Group	AYB Group		
6:15 AM	AYB Strength**	AYB Strength**	AYB Strength**	AYB Strength**	AYB Strength**		
6:15 AM	AYB Group	AYB Group	AYB Group	AYB Group	AYB Group		
8:15 AM	AYB Group	AYB Group	AYB Group	AYB Group	AYB Group	Trainers Choice	
9:15 AM	AYB Group	AYB Group	AYB Group	AYB Group	AYB Group	Trainers Choice	
9:15 AM	AYB Strength**	AYB Strength**	AYB Strength**	AYB Strength**	AYB Strength**	AYB Group- Youth	
10:15 AM		AYB Group- Flexibility					
12:15 PM	AYB Group	AYB Group	AYB Group	AYB Group	AYB Group		
12:15 PM	AYB Strength**	AYB Strength**	AYB Strength**	AYB Strength**	AYB Strength**		
4:30 PM	AYB Group	AYB Group	AYB Group	AYB Group	AYB Group		
4:30 PM	AYB Group- Youth	AYB Group- Youth	AYB Group- Youth	AYB Group- Youth			
5:30 PM	AYB Group	AYB Group	AYB Group	AYB Group			
5:30 PM	AYB Strength**	AYB Strength**	AYB Strength**	AYB Strength**	AYB Strength**		
6:30 PM	AYB Strength**	AYB Strength**	AYB Strength**	AYB Strength**			

All classes are 45 min unless otherwise noted. Classes are subject to change.

** denotes strength class which is a separate pricing option from group classes