

M GROUP FITNESS SCHEDULE M

JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM G	5:15 AM BODYPUMP™ Rebekah 45 min G	6:00 AM STRENGTH & DEVELOPMENT™ Catrina 45 min G	5:15 AM BODYPUMP™ CJ 45 min G	5:15 AM G	8:00 AM SPRINT™ Annette 30 min S
9:30 AM BODYPUMP™ Clara 55 min G	9:30 AM BARRE Jessica 55 min G	9:30 AM BODYPUMP™ Sam 55 min G	9:30 AM BODYBALANCE™ Clara 55 min G	9:30 AM BODYCOMBAT™ Low Impact Brooke 55 min G	8:30 AM BODYPUMP™ Melanie 55 min G
10:45 AM Silver Sneakers® Classic Donna 60 min G	10:45 AM ZUMBA® GOLD Larisa 55 min G	10:45 AM Silver Sneakers® Classic Donna 60 min G	10:45 AM ZUMBA® Misti 55 min G	10:45 AM Barre Jessica 55 min G	9:00 AM WATER FITNESS Vianne 55 min P
2:00 PM G	2:00 PM Silver Sneakers® Classic Donna 55 min G	2:00 PM G	2:00 PM Silver Sneakers® Classic Donna 55 min G	2:00 PM Stability & Balance Donna 45 min G	9:30 AM BODYBALANCE™ Clara 55 min G
3:15 PM G	3:15 PM GENTLE YOGA Donna 60 min G	3:15 PM G	3:15 PM GENTLE YOGA Donna 60 min G	3:15 PM GENTLE YOGA Donna 60 min G	SUNDAY
5:30 PM BODYPUMP™ Express Tina 45 min G	5:30 PM BODYCOMBAT™ Tina 55 min G	5:30 PM Functional Strength™ Sarah T. 30 min G	NEW CLASS 5:30 PM LM Tone™ Trae 45 min G	5:15 PM Strength Development™ Catrina 45 min G	8:30 AM GRIT™ STRENGTH Catrina 30 min G
5:30 AM SPRINT™ Annette 30 min S	5:30 AM SPRINT™ Sarah H. 30 min S	5:30 AM SPRINT™ Annette 30 min S	5:30 AM S	5:30 AM SPRINT™ Sarah H. 30 min S	9:30 AM RPM™ Karen 45 min S
9:15 AM S	9:15 AM S	9:15 AM S	9:15 AM RPM™ Catrina 55 min S	9:15 AM S	10:30 AM BODYBALANCE™ Karen 55 min G
5:30 PM SPRINT™ Catrina 30 min S	5:30 PM S	5:30 PM S	5:30 PM S	5:30 PM S	
9:00 AM WATER FITNESS Jasmine 55 min P	9:00 AM WATER FITNESS Megan 55 min P	9:00 AM WATER FITNESS Jasmine 55 min P	9:00 AM WATER FITNESS Megan 55 min P	9:00 AM WATER FITNESS Patty 55 min P	

Please be kind and courteous to others and refrain from talking once class has started. Thank you!

LEGEND

- G Group Fitness Studio
- M Mind & Body
- S Spin Studio
- P Pool



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The official app of **MESA FITNESS**



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