

STIRLING CLUB FITNESS CLASS SCHEDULE

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

PILATES REFORMER

RACHEL
8AM - 9AM

PILATES REFORMER

AUBREY
8AM - 9AM

PILATES REFORMER

RACHEL
7AM - 8AM *(ADVANCED)*

PILATES REFORMER

AUBREY
8AM - 9AM

CYCLE

JILLIAN
8:30AM - 9:20AM

CYCLE

BOB
8:30AM - 9:20AM

PILATES REFORMER

RACHEL
9AM - 10AM

PILATES REFORMER

AUBREY
9AM - 10AM

PILATES REFORMER

RACHEL
8AM - 9AM

PILATES REFORMER

AUBREY
9AM - 10AM

PILATES REFORMER

ROCHELLE
9:30AM - 10:30AM

PILATES REFORMER

LORELEI
9:30AM - 10:30AM

BOOTCAMP

RICKY
10AM - 11AM

CHAIR YOGA

ALLISON
9AM - 10AM

PILATES REFORMER

RACHEL
9AM - 10AM

BOOTCAMP

RICKY
10AM - 11AM

PILATES REFORMER

ROCHELLE
10:30AM - 11:30AM

BOOTCAMP

LAUREN
1PM - 2PM

AQUA ZUMBA

SHAKALEE
5PM - 6PM

ZUMBA

ABBY
11:30AM - 12:30PM

AQUA ZUMBA

ASHLEY
10AM - 11AM

CHAIR YOGA

ALLISON
11:30AM - 12:30PM

BOOTCAMP

JILLIAN
11:30AM - 12:30PM

CYCLE

BOB
6PM - 6:50PM

PILATES REFORMER

ROCHELLE
5:30PM - 6:30PM

ZUMBA

ASHLEY
11:30AM - 12:30PM

GENTLE YOGA

ALLISON
12:30AM - 1:30PM