



Gold's Gym York Galleria GGX Schedule



Group Orientation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:30-9:30AM		8:30-9:30AM		8:30-9:30AM	
	7:00-8:00PM		7:00-8:00PM		2:00-3:00PM	

Cycle Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Jenny M. 5:45-6:30AM	Johnny B. 9:30-10:30AM	Steph S. 5:30-6:00AM	Lori N. 8:30-9:15AM	Kim P. 5:45-6:30AM	Johnny B. 8:30-9:30AM	Jeanean S. 8:30-9:15AM
Steph S. 12:00-12:30PM	Steph S. 5:30-6:00PM	Kim P. 9:30-10:15AM	Steph S. 5:30-6:00PM	Steph S. 12:00-12:30PM		Steph S. 9:30-10:00AM
Lynn M. 5:30-6:30PM		Johnny B. 5:30-6:30PM				

GGX Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Jeanean S. 8:30-9:15AM	Jamie L. 5:15-6:00AM	Jeanean S. 8:30-9:00AM	Jamie L. 5:15-6:15AM	Becky G. 10:00-11:00AM	Jamie L. 8:30-9:30AM	KP LM 9:00-9:30AM
Becky G. 10:00-11:00AM	Amber H. 8:30-9:15AM	Jeanean S. 9:00-9:30AM	Amber H. 8:30-9:15AM	Jamie L. 5:00-5:30PM	Shamatee M. 9:30-10:30AM	Jamie L. 10:00-11:00AM
Steph S. 5:30-6:30PM	Kim P. 9:30-10:00AM	Lori N. 11:15-12:00PM	Amber H. 9:30-10:00AM	Jamie L. 5:30-6:00PM	Bryce B. 10:45-11:45AM	Jamie L. 11:00-12:00PM
Justine H. 6:30-7:30PM	Jamie L. 5:30-6:30PM	Liz L. 5:00-5:30PM	Michaline B. 5:00-5:30PM	You must check in for classes at the front desk.	Please notify the instructor of any physical limitations prior to the start of class.	For safety reasons, please take caution if you enter a class more than 5 minutes late. You may injure yourself if you've missed the warm-up.
Tameka S. 7:30-8:30PM	Victoria R. 6:45-7:30PM	Tameka S. 5:30-6:30PM	Sarah D. 5:30-6:30PM			
	Shamatee M. 7:30-8:30PM	Michaline B. 6:30-7:30PM	Kim P. 6:30-7:00PM			

Mind Body Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kim P. 9:30-10:15AM	Kim P. 10:15-10:45AM	Courtney W. 5:15-6:15PM	Lori N. 9:30-10:15AM	Michaline B. 8:30-9:30AM	MS TB 8:30-9:30AM	Melissa H. 11:15-12:00PM
Jo N. 4:30-5:30PM	Liz L. 6:00-6:30PM	Megan S. 6:30-7:30PM	Christa S. 5:30-6:15PM		Kim BZ. 9:30-10:15AM	
			Tiffany B. 6:30-7:30PM			

Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Amber H. 9:30-10:15AM	Steph S. 4:45-5:15PM	Amber H. 10:15-11:00AM	Amber H. 9:30-10:15AM	Bonnie D. 7:45-8:30AM	Bonnie D. 10:15-11:00AM
	Victoria R. 5:45-6:30PM	Victoria R. 6:45-7:30PM	Bonnie D. 5:00-5:45PM			