

# GRAND GROUP FITNESS SCHEDULE

## Spring STUDIO A

(2nd Floor Fitness Center)

\* ALL CLASSES ARE 1 HOUR UNLESS OTHERWISE NOTED

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM	RPM MARTHA	BODYPUMP CINDY	BODYFLOW CINDY/SARA	BODYPUMP ADRIANE	RPM CINDY	
8:00 AM						RPM (30 min.)
8:30 AM						BODYPUMP
9:00 AM	RPM BROOKE	BODYPUMP BROOKE	BODYSTEP MAHALAH	BODYPUMP RHONDA	BODYSTEP ADRIANE	
9:30 AM						RPM (30 min.)
10:00 AM	BODYPUMP LORI	BODYSTEP ADRIANE	BODYPUMP ADRIANE	RPM ADRIANE	BODYPUMP BROOKE	BODYPUMP
4:30 PM	BODYPUMP SARA	RPM (45 min.) MARTHA	BODYPUMP MEGAN			
5:15 PM				***5:00 PM*** RPM (45 min.) RHONDA		
5:45 PM	BODYPUMP ADRIANE		BODYPUMP SARA			
6:00 PM		RPM (45 min.) MEGAN		BODYFLOW SARA		

### FITNESS HOURS

MONDAY -  
THURSDAY:  
5AM - 10 PM  
FRIDAY: 5 AM - 8 PM  
SATURDAY: 8 AM - 8 PM  
SUNDAY: 10 AM - 8 PM

### KIDS KLUB HOURS

MONDAY -  
THURSDAY:  
8:30 AM - 2 PM,  
4 PM - 8 PM  
FRIDAY: 8:30 AM - 2 PM  
SATURDAY: 8 AM - 2 PM  
SUNDAY: CLOSED

BROOKE MAZZEI, CO-GROUP FITNESS DIRECTOR  
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SARA LEWANDOWSKI, CO-GROUP FITNESS DIRECTOR

THE GRAND HEALTH and RACQUET CLUB  
3030 E. 91st Street  
Tulsa, Ok 74137  
918-298-9500

289-1015, sara@grandhealthandracquet.com

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