

# GRAND GROUP FITNESS SCHEDULE

## Spring STUDIO B

(Located on the 2nd floor above the Kids Klub)

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SUNRISE CLASS Studio B</b>						
5:45 AM						
<b>MID-MORNING CLASSES Studio B</b>						
8:00 AM	*Reformer Pilates					
8:30 AM						BODYFLOW
9:00 AM	MAT PILATES Karen		MAT PILATES Karen	BODYFLOW Debby	MAT PILATES Karen	
9:30 AM						BODYFLOW
10:00 AM		BODYFLOW SARA	BODYFLOW LORI			
<b>TWILIGHT CLASSES Studio B</b>						
6:00 PM	MAT PILATES		PIYO Debby			
6:30 PM		POWER YOGA Kathleen				

\*Drop In Fee Applies, \$20 Per Class

### FITNESS HOURS

#### Mon - Thurs

5:00 am to 10:00 pm

#### Friday

5:00 am to 8:00 pm

#### Saturday

8:00 am to 8:00 pm

#### Sunday

10:00 am to 8:00 pm

### KIDZ KLUB HOURS

#### Mon - Thurs

8:30 am to 2:00 pm

4:00 pm to 8:00 pm

#### Friday

8:30 am to 2:00 pm

#### Saturday

8:00 am to 2:00 pm

**CLOSED ON SUNDAYS**

For More Information Contact: Karen Bates- 918.812.4622 & ckbates01@hotmail.com or

# **GRAND GROUP FITNESS SCHEDULE**

**Spring**

**STUDIO B**

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**Heather Adams- 918.605.5617 & [hadamstulsa@aol.com](mailto:hadamstulsa@aol.com)**

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