



## Rockville Summer 2019 Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Center Hours  NOT AVAILABLE	Fitness Center Hours  NOT AVAILABLE	Fitness Center Hours  NOT AVAILABLE	Fitness Center Hours  NOT AVAILABLE	Fitness Center Hours  NOT AVAILABLE
				
<b>CIRCUIT TRAINING</b> <b>1:15PM-2PM</b>  <b>Wai</b> <b>SB005</b>		<b>CORE &amp; MORE</b> <b>1:15PM-2PM</b>  <b>Wai</b> <b>SB005</b>	<b>BODYVIVE</b> <b>12PM-12:45PM</b>  <b>KIM</b> <b>MK102</b>	
	<b>YOGA</b> <b>2PM-2:45PM</b>  <b>Nancy</b> <b>MK102</b>			<b>YOGA</b> <b>1:15PM-1:55PM</b>  <b>Nancy</b> <b>MK102</b>
				

**Classes and fitness center hours are subject to change or cancellations.**