FI	alley	Valley Fitness of Harrisonburg Group Exercise Schedule								
	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday	
	6:00am	BodyPUMP ™	BodySTEP™*	BodyBALANCE™	BodyPUMP ™	B.A.M.M.	8:00am	BodySTEP™*		
							9:05am	BodyPUMP™		
	9:00am	B.A.M.M.	BodyPUMP ™		Yoga		10:15am	BodyBALANCE™		
	10:15am	Silver Sneakers Classic*	Silver Sneakers Cardio*	Yoga	Silver Sneakers Classic*	MAT Variety				
GX1							2:00pm		Zumba™	
	4:45pm	BodyBALANCE™					3:30pm		Yoga	
	5:30pm		BodyPUMP™		BodyPUMP™			Classes marked with an * are 45 minutes all others 55 minutes.		
	6:00pm	Zumba™		Zumba™						
	6:35pm				BodyBALANCE™			To minutes an others 55 minutes.		
	Time	Monday	Tuesday	Wodnosday	Thursday	Friday	Timo	Caturday	Sunday	
	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday	
	Time 6:00am	Monday Cycle*	Tuesday	Wednesday	Thursday	Friday Cycle*	Time 8:00am	Saturday TRX*	Sunday	
		,	Tuesday	Wednesday Cycle*	Thursday		8:00am	TRX*		
(2	6:00am	,	Tuesday		Thursday		8:00am Sign TRX cla	up required for asses. Sign up a	Cycle and t front desk	
GX2	6:00am 9:00am	Cycle*	Tuesday	Cycle*	Thursday		8:00am Sign TRX cla	TRX*	Cycle and t front desk	
×	6:00am 9:00am 10:15am	Cycle*	Tuesday	Cycle*	Thursday	Cycle*	8:00am Sign TRX cla	up required for asses. Sign up a	Cycle and t front desk	
×	6:00am 9:00am 10:15am 12:15PM	Cycle* TRX*	Tuesday	Cycle* TRX*	Thursday Cycle*	Cycle*	8:00am Sign TRX cla	up required for asses. Sign up a	Cycle and t front desk	
×	6:00am 9:00am 10:15am 12:15PM 5:30pm 6:00pm	Cycle* TRX* HIIT & Fit*		Cycle* TRX* HIIT & Fit*	Cycle*	Cycle* HIIT & Fit*	8:00am Sign TRX cla	up required for asses. Sign up a by phone (540)	Cycle and t front desk 133-3434	
×	6:00am 9:00am 10:15am 12:15PM 5:30pm	Cycle* TRX*	Tuesday Tuesday Aqua Fit	Cycle* TRX*		Cycle*	8:00am Sign TRX cla	up required for asses. Sign up a	Cycle and t front desk	
YS 7	6:00am 9:00am 10:15am 12:15PM 5:30pm 6:00pm	Cycle* TRX* HIIT & Fit*	Tuesday	Cycle* TRX* HIIT & Fit*	Cycle*	Cycle* HIIT & Fit* Friday	8:00am Sign TRX cla	up required for asses. Sign up a by phone (540)	Cycle and t front desk 133-3434	
X9	6:00am 9:00am 10:15am 12:15PM 5:30pm 6:00pm Time 10:15-	Cycle* TRX* HIIT & Fit*	Tuesday Aqua Fit	Cycle* TRX* HIIT & Fit*	Cycle* Thursday Aqua Fit	Cycle* HIIT & Fit* Friday Aqua Fit	8:00am Sign TRX cla	up required for asses. Sign up a by phone (540)	Cycle and t front desk 133-3434	

GYM HOURS
Mon-Thur 5am- 11:30pm

KIDZONE HOURS
Mon- Fri 8:45am-11:30am
Mon- Thur 4:30-7pm

www.valleyfitnessharrisonburg.com

Filuay Saili- S.Supili Sat/Sun 7am- 7pm

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