

Magnuson Athletic Club Ph# 206-452-1500

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Group Fitness 2021 Schedule

Effective: 3/22/2021

Last Updated: 3/19/2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM Burn w/ Sara	6:00 AM Cycle w/ Sara	6:00 AM Burn w/ Sara	6:00 AM	6:00 AM Burn w/ Sara	6:00 AM	6:00 AM
7:00 AM	7:00 AM Yoga w/ Sara	7:00 AM	7:00 AM Yoga w/ Sara	7:00 AM Foundation Fitness w/ Sara	7:00 AM	7:00 AM
8:00 AM Burn w/ Sara	8:00 AM Cycle w/ Bruce Battle Ropes w/ Sara (Turf)	8:30 AM Cycle Fit w/ Bruce	8:00 AM Cycle w/ Bruce Battle Ropes w/ Sara (Turf)		8:00 AM Body Pump w/ Katy Cycle w/ Eryn (Studio)	8:00 AM Cycle w/ Eryn
9:00 AM Cycle w/ Eryn	9:00 AM Cycle Fit w/ Bruce	9:00 AM Burn w/ Sara (Turf)	9:00 AM	9:00 AM Cycle w/ Eryn	9:00 AM Burn w/ Katy	9:00 AM Body Combat w/ Katy
10:00 AM Body Pump w/ Holly	10:00 AM Tabata w/ Janice	10:00 AM Body Pump w/ Holly	10:00 AM Tabata w/ Janice	10:00 AM Tabata w/ Janice	10:00 AM Body Pump w/ Kelly	10:00 AM Body Flow w/ Katy
11:00 AM Body Flow w/ Holly	11:00 AM	11:00 AM Body Flow w/ Holly	11:00 AM	11:00 AM Body Flow w/ Holly	11:00 AM Body Flow w/ Holly	11:00 AM
12:15 PM Cycle w/ Cheryl	12:15 PM	12:15 PM	12:15 PM	12:15 PM	12:15 PM	12:15 PM
1:00 PM	1:00 PM Battle Ropes w/ Cheryl	1:00 PM	1:00 PM	1:00 PM	1:00 PM	1:00 PM
5:00 PM Cycle w/ Jen	5:00 PM Body Pump w/ Katy	5:00 PM Burn w/ Katy (Turf) Cycle w/ Eryn	5:00 PM Body Pump w/ Katy	5:00 PM Burn w/ Jen	5:00 PM	5:00 PM
6:00 PM Body Pump w/ Kelly	6:00 PM Body Combat w/ Katy	6:05 PM Body Flow w/ Katy	6:00 PM Burn w/ Katy	6:00 PM	6:00 PM	6:00 PM