

Magnuson Athletic Club

Ph# 206-452-1500

GX Manager: Sara Finneseth sfinneseth@macseattle.com



Group Fitness 2021 Schedule

Effective: 9/19/2021

Last Updated: 9/15/2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM Burn w/ Sara	6:00 AM	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 (Studio)	7:00 AM	7:00 AM Yoga w/ Sara (Studio)	7:00 AM Foundation Fit w/ Sara (Studio)	7:00 AM	7:00 AM
8:00 AM 8:15 AM Battle Ropes w/Sara	8:00 AM Cycle w/ Bruce	8:00 AM 8:15 AM Battle Ropes w/Sara 8:30AM Cycle Fit w/ Bruce	8:00 AM Cycle w/ Bruce	8:00 AM	8:00 AM Body Pump w/ Katy Cycle w/ Eryn	8:00 AM Cycle w/ Eryn
9:00 AM Cycle w/ Eryn 9:30 AM Body Pump w/Holly Foundation Fit w/ Sara(studio)	9:00 AM Cycle Fit w/ Bruce 9:30 AM Tabata w/ Janice	9:00 AM 9:30 AM Body Pump w/ Holly Burn w/ Sara (Outside)	9:00 AM Cycle Fit w/ Bruce 9:30 AM Tabata w/ Janice	9:00 AM Cycle w/ Eryn 9:30 AM Tabata w/ Janice	9:00 AM Burn w/ Katy 9:30 AM	9:00 AM Body Combat w/ Katy 9:30 AM
10:00 AM 10:45 AM Body Flow w/ Holly (Studio)	10:00 AM 10:45 AM	10:00 AM 10:45 AM Body Flow w/ Holly (Studio)	10:00 AM 10:45 AM Fit4All w/Sue I	10:00 AM 10:45 AM Restorative Yoga w/Holly (Studio)	10:00 AM Body Pump w/ Kelly	10:00 AM BodyFlow w/Katy (Studio) 10:45 AM
11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM Body Flow w/ Holly (Studio)	11:00 AM
12:00 PM Cycle w/ Cheryl	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 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 5:30 PM	5:00 PM Body Pump w/ Katy 5:30 PM	5:00 PM Burn w/ Katy 5:30 PM Cycle w/ Eryn	5:00 PM Body Pump w/ Katy 5:30 PM Zumba w/ Susan (Outside)	5:00 PM 5:45 PM Zumba w/ Darren (Outside)	5:00 PM 5:30 PM	5:00 PM 5:30 PM
6:00 PM Body Pump w/ Kelly	6:00 PM Body Combat w/ Katy	6:05 PM Body Flow w/ Katy (Studio)	6:00 PM Burn w/ Katy	6:00 PM	6:00 PM	6:00 PM

