



May

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM			SPINNING[®] <i>express</i> Lee		SPINNING[®] <i>express</i> Lee		
8:00AM				Les Mills SPRINT-Spin Debbie		SPINNING[®] Jill	
8:30AM		Les Mills BodyPump Diane		<i>Barre Fusion</i> Margaret	<i>YOGA</i> (all levels) Margaret	Les Mills BodyPump Robin	<i>YOGA</i> (all levels) Margaret
9:45AM	<i>Total Body Sculpt</i> Sabrina	<i>Cardio/ LM Core</i> Sabrina	<i>PILATES</i> Sabrina	Les Mills BodyPump Sabrina	<i>Total Body Sculpt</i> Sabrina	10:00 <i>Power & Strength</i> Vicky	<i>Total Body Sculpt</i> Julie
11:00AM	Silver Sneakers Sue	<i>YOGA</i> Carmen	Silver Sneakers Sue	<i>YIN YOGA</i> Margaret	Silver Sneakers Sue		
12:00PM							
5:30PM	SPINNING[®] Stan Les Mills BodyPump Diane	SPINNING[®] Amy <i>Zumba</i> Vicky	Les Mills BodyPump Diane	SPINNING[®] Amy			
6:15PM							
6:30PM	<i>No class on 5/8</i> Les Mills Core Diane		<i>No class on 5/3 and 5/10</i> Les Mills Core Diane				

*check emails for Zoom logins & recordings
 ** Schedule is subject to change
 last updated: 05/01/23

GROUP FITNESS FEEDBACK
 GF@naplesfamilyfitness.com
 TEXT "GFS" to 52236 for NFF Updates