

# MOMENTUM FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30	Boot Camp Angie	BodyCombat Kerry	Boot Camp Alisha	BodyCombat Kerry	Boot Camp Alisha			5:30
6:30	Boot Camp Angie	BodyPump (60 mins) Kristine	Boot Camp Sherry	BodyPump (60 mins) Kristine	Boot Camp Sherry			6:30
8:00	Boot Camp Macy		Boot Camp Sherry		Boot Camp Sherry	BodyPump (60 mins) Sherry		8:00
9:15						DNX Dance Fitness Danny	BodyCombat (60 mins) Kerry	9:15
10:15							Mindful Gentle Yoga (60 mins) Jackie	10:15
5:30	BodyCombat Julia	BodyPump Leanna	BodyCombat Julia	BodyPump Leanna				5:30
6:30	Boot Camp Julia	Les Mills Core (30 mins) Sherry	Boot Camp Leanna	Les Mills Core (30 mins) Sherry				6:30



All classes are 45 minutes unless otherwise indicated.

Classes are subject to change or cancellation. Check the Momentum Fitness app or MindBody online for *live* schedule.



EFFECTIVE 2/3/25