



# EUGENE GROUP FITNESS

4242 COMMERCE ST, EUGENE, OR 97402 • (541) 687-2255

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8 am</b> <b>Vinyasa Yoga</b> Andrea	<b>8 am</b> <b>Strength / Pilates Fusion</b> Dawnaelle	<b>8 am</b> <b>Cardio Conditioning</b> Dawnaelle	<b>8 am</b> <b>Mindful Movement</b> Lila	<b>8 am</b> <b>Vinyasa Yoga</b> Andrea	
<b>9:15 am</b> <b>Cycle</b> Debbie	<b>9:15 am</b> <b>Lift</b> Kristina	<b>9:15 am</b> <b>Pilates Fusion</b> Deborah	<b>9:15 am</b> <b>PowerHIIT</b> Sabrina	<b>9:15 am</b> <b>World Dance</b> Kim	<b>9:30 am</b> <b>Kickbox</b> Teri
<b>10:30 am</b> <b>Mindful Movement</b> Lareina	<b>10:30 am</b> <b>World Dance</b> Kim	<b>10:30 am</b> <b>Mindful Movement</b> Deborah	<b>10:30 am</b> <b>Gentle Yoga</b> Louise	<b>10:30 am</b> <b>Hatha Yoga</b> Deborah	<b>10:30 am</b> <b>Lift</b> Teri
				<b>12 pm</b> <b>Gentle Yoga</b> Jen	<b>11:45 am</b> <b>World Dance</b> Jesse
<b>5:30 pm</b> <b>Cycle</b> Sabrina	<b>5:30 pm</b> <b>Vinyasa Yoga</b> Nikki	<b>5:30 pm</b> <b>Kickbox</b> Teri	<b>5:30 pm</b> <b>Fire Power</b> Teri		
<b>6:30 pm</b> <b>Lift</b> Sabrina	<b>6:30 pm</b> <b>Cycle</b> Teri	<b>6:30 pm</b> <b>Flow Fusion</b> Debbie	<b>6:30 pm</b> <b>World Dance</b> Sarah		

