



SPRINGFIELD GROUP FITNESS

2728 PHEASANT ST, SPRINGFIELD, OR 97477 • (541) 736-1167

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 am Barre Fit Jodi	8 am Vinyasa Yoga Cynthia	8 am Barre Fit Jodi	8 am Vinyasa Yoga Michael		
9:15 am Cycle Kristie	9:15 am FITT Sarah	9:15 am Cycle Jules	9:15 am FITT Sarah	9:15 am Fire Power Sarah	9 am Cycle Sarah
10:30 am World Dance Kim	10:30 am Cycle Kristie	10:30 am World Dance Sofia / Sarah	10:30 am Cycle Corrine		10:30 am Flow Fusion Kristina / Dana
12 pm Fire Power Lila		12 pm Cycle Fusion Sarah		12 pm Cycle Lila	
4:30 pm PowerHIIT Vanessa	4:30 pm Cycle Jules	4:30 pm Lift Jules	4:30 pm Cycle Vanessa		
5:35 pm Cycle/Core Dana	5:35 pm PowerHIIT Jules	5:35 pm Cycle/Core Dana	5:35 pm Total Body Strong Kim		

