



QUINCY UNIVERSITY FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:15-7AM Cardio Sculpt Joyce		6:15-7AM CycleX Stephanie		
						8:30-9:30 PowerCycle Joyce
						9:45-10:45 PowerPilates Joyce
	12:15-1PM Cardio Sculpt Stephanie	12:15-12:45 Cardio Sculpt Sheri	12:15-1PM Cardio Sculpt Joyce	12:15-1PM Pilates Stephanie	12:15-1PM Yoga Kate <small>*no class on the 4th Friday of every month</small>	
12:30-2PM Triple Threat Joyce						
		4:30-5:15 PowerCycle Rhonda		4:30-5:15 PowerCycle Sandy		
	4:45-5:30 HIIT Joyce	5:15-6PM Cardio Sculpt Rhonda	5:00-5:45 PowerCycle Selena	5:15-6PM Cardio Sculpt Sandy		
	5:30-6:30 PowerPilates Joyce		5:45-6:15 Pilates Selena			