



Choctaw Nation

Wellness Center

CLASS SCHEDULE

— SPRING 2018 —

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAYS
5:15 - 6:00 AM	BARBELL BLAST (Samantha Brown)	BARRE FIT (Samantha Brown)				
5:45 - 6:20 AM	CYCLE EXPRESS (Cheyenne Wolf)		CYCLE EXPRESS (Cheyenne Wolf)			
6:00 - 6:50 AM		HIIT (Tashona Burcham)		KETTLEBELL FIT (Tashona Burcham)	SUNRISE YOGA (Debbie Zafar)	
6:15 - 7:00 AM	KICKBOXING (Ty Jackson)	CORE N MORE (Sandra Jackson)	KICKBOXING (Ty Jackson)	COR N MORE (Sandra Jackson)	MMA CONDITIONING (Ty Jackson)	
7:00 - 7:50 AM					RESTORATIVE YOGA (Debbie Zafar)	
8:45 - 9:30 AM		ON THE BALL (Keli Dufresne)		ON THE BALL (Keli Dufresne)		
9:00 - 10:00 AM						SAMANTHA B.'S CHOICE
9:45 - 10:30 AM		SILVER SNEAKERS (Sandra Jackson)		SILVER SNEAKERS (Sandra Jackson)		
10:00 - 11:00 AM	JAZZERCISE LITE (Lisa Cannon)		JAZZERCISE LITE (Lisa Cannon)		JAZZERCISE LITE (Lisa Cannon)	
10:30 - 11:30 AM		SENIOR VOLLEYBALL (Dan Trujillo)		SENIOR VOLLEYBALL (Dan Trujillo)		
12:05 - 12:45 PM	CORE N MORE (Sandra Jackson)	CYCLE EXPRESS (Sandra Jackson)	CORE N MORE (Sandra Jackson)	CYCLE EXPRESS (Sandra Jackson)		
12:05 - 12:50 PM		BREAK TIME BOOST (Keli Dufresne)		BREAK TIME BOOST (Keli Dufresne)		
1:00 - 2:00 PM	RECOVER & REALIGN (Keli Dufresne)		RECOVER & REALIGN (Keli Dufresne)		RECOVER & REALIGN (Keli Dufresne)	
4:00 - 5:00 PM		BODY CAMP (Tammy Ezell)		BODY CAMP (Tammy Ezell)		
5:10 - 6:00 PM	BODY CAMP (Tammy Ezell)	KETTLEBELL FIT (Tashona Burcham)	BARBELL BLAST (Samantha Brown)	HIIT (Tashona Burcham)	RUMBLE (Samantha Brown)	
5:10 - 6:00 PM	YOGA (Melissa Landers)		YOGA (Melissa Landers)	YOGA (Debbie Zafar)		
5:15 - 6:00 PM	RIDE N ROW (Krista Henson)	RIDE N ROW (Cheyenne Wolfe)	RIDE N ROW (Krista Henson)	RIDE N ROW (Krista Henson)		
6:10 - 7:00 PM			BARRE FIT (Samantha Brown)	RESTORATIVE YOGA (Debbie Zafar)		
6:15 - 7:00 PM		ZUMBA (Kathryn Jernigan)		ZUMBA (Kathryn Jernigan)		
7:15 - 9:00 PM	TAEKWONDO (Amy Hervey)			TAEKWONDO (Amy Hervey)		

COLOR KEY	STUDIO 1	STUDIO 2	STUDIO 3 & 4	CYCLE STUDIO	FUNCTIONAL FLOOR	GYM
-----------	----------	----------	--------------	--------------	------------------	-----

Classes and instructors are subject to change without notice