

# ELW FITNESS CLASSES

SUMMER 2017

FTZ 1 / FTZ 2

(May 22<sup>nd</sup> – August 18<sup>th</sup> 2017)

(No classes: 5/29 & 7/4)

TIME	MON	TUE	WED	THU	FRI	SAT
7:00 AM						
9:00 AM	<b>CrossFit 12pm</b> (Eric James) FTZ 1	<b>CrossFit 12pm</b> (Brandon Flores) FTZ1	<b>CrossFit 12pm</b> (Rebeca Marchand) FTZ 1	<b>CrossFit 12pm</b> (Brandon Flores) FTZ1	<b>CrossFit 12pm</b> (Eric James) FTZ 1	
12:00 PM						
12:00 PM	<b>Cub Corps 12 pm</b> (Nicole Gesselman) FTZ 2	<b>Cub Corps 12 pm</b> (Nicole Gesselman) FTZ 2	<b>Cub Corps 12 pm</b> (Nicole Gesselman) FTZ 2	<b>Cub Corps 12 pm</b> (Nicole Gesselman) FTZ 2	<b>Cub Corps 12 pm</b> (Nicole Gesselman) FTZ 2	
4:30 PM						
5:30 PM	<b>Cub Corps 5:30 pm</b> (Nicole Gesselman) FTZ 2	<b>Cub Corps 5:30 pm</b> (Nicole Gesselman) FTZ 2	<b>Cub Corps 5:30 pm</b> (Nicole Gesselman) FTZ 2	<b>Cub Corps 5:30 pm</b> (Nicole Gesselman) FTZ 2	<b>Cub Corps 5:30 pm</b> (Nicole Gesselman) FTZ 2	
5:30 PM	<b>CrossFit 5:30pm</b> (Carlos Hernandez) FTZ 1	<b>CrossFit 5:30pm</b> (Rebeca Marchand) FTZ 1	<b>CrossFit 5:30pm</b> (Mike Molony) FTZ 1	<b>CrossFit 5:30pm</b> (Meg Evans) FTZ 1	<b>CrossFit 5:30pm</b> (Andy Garcia) FTZ 1	
6:30 PM						

Cub Corps #1: 6/12/2017 – 7/14/2017