



























Vision Quest Kent Group Fitness 253-852-0747

JANUARY GROUP EX

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM			 DEA	 MIKEL	 MIKEL	 CARRIE	
8:30 AM							 SUSAN  MARC**
9:30 AM	 KIMI  PATTY	 KERI	ZUMBA CARRIE	 COLLEEN	 APRIL	 LEAH	 BROOKE
10:00 AM		BOOT CAMP PAUL***		BOOT CAMP PAUL***			WEEKEND WARRIOR ROBERT***
10:30 AM	 PATTY						 MARC
12:00 NOON							90 MIN ZUMBA GABY
12:15 PM		PILATES ANN	 COLLEEN	PILATES ANN	 LEAH		
1:00 PM	WEEKEND WARRIOR DARREN***						
5:30 PM		 PATTY  ANNETTE	 APRIL  PATTY	 ANNETTE  MIKEL	 NADINE  PATTY		
6:30 PM		 PATTY	CORE & STRETCH PATTY	ZUMBA CARRIE	YOGA NADINE		
7:00 PM			BOOT CAMP SHELBY***		BOOT CAMP SHELBY***	ATA MARTIAL ARTS MELISSA***	
7:30 PM		ZUMBA CARRIE		ATA MARTIAL ARTS MELISSA***	ZUMBA GABY		
***INDICATES A SEPARATELY PAID CLASS							