

GROUP FITNESS

SCHEDULE

Group Fitness Schedule

Date:[Date]

Prepared By:[Your Name]

This template organizes yoga, Zumba, spin sessions, and Pilates classes, fostering community and motivation through experienced instructors, and emphasizing personal growth and physical rejuvenation for holistic well-being.

Day	6:00-7:00	7:00-8:00	8:00-9:00	9:00-10:00	10:00-11:00
Monday	Yoga	Aerobics	Zumba	CrossFit	Pilates
Tuesday	Zumba	Pilates	Yoga	Aerobics	CrossFit
Wednesday	CrossFit	Yoga	Aerobics	Zumba	Pilates
Thursday	Aerobics	Zumba	Pilates	Yoga	CrossFit
Friday	Pilates	CrossFit	Yoga	Aerobics	Zumba

Group Exercise Schedule Template

AW Rasmussen



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