



Club Hours
 M-Th 4:30A - 11:00P
 Friday 4:30A - 9:00P
 Sat & Sun 6:00A - 9:00P
 480-502-2096

**MOUNTAINSIDE FITNESS
 PLATINUM GROUP FITNESS
 February 2012**

Childcare Hours
 M-F 7:30A - 8:30P
 Sat 8:00A - 4:00P
 Sun 8:00A - 3:00P



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Instructor Key AS- Angelina CB- Connie KO-Kai CP- Candace DM- Dave BW-Billie JD- Jessica JJ- Jill JM- Jenny JQ- Jillian	Instructor Key KP- Kathleen LS- Lynn LK- Lori MC- Maria MR- Michele MR2-Mary MS- Mandy PJ - Patty PL- Paula RP- Ronda SW- Shaw TC - Tabitha WS- Wendy	*30 minute class **45 minute class ***15 minute ABS All classes are 55 minutes unless otherwise specified. Schedule subject to change without notice	1 AM 5:30 Cycle- RP 9:00 Cycle-CS 9:00 Kickbox-CB 10:15 Muscle- BW PM 4:30 HIIT-JQ 5:00 BLT-JQ 5:30 Muscle-MC	2 AM 9:00 Cycle- LS 10:00 TBC- JQ 11:00 *Abs/Glutes - JQ PM 4:30 Turbo Kickbox-CP 5:30 ZUMBA Tone- SW 6:00 Cycle-KP	3 AM 5:30 Cycle- WS 8:30 ***Abs to the Core - CB 8:45 **Kickbox Express-CB 9:30 TBC- AK	4 AM 8:30 Cycle- JM 9:30 HIIT-CB 10:00 Upper/Core Conditioning-CB 10:30 ZUMBA- KO
AM 8:30 Resist and Ride- PJ	AM 9:00 TBC- CB 10:15 Zumba-BW PM 4:30 Cycle- DM 5:30 TBC-TC	AM 5:30 Cycle- MR2 9:00 Cycle- KB 10:00 Strictly Circuits- LS PM 4:30 TBC-KO 5:30 Cycle- DM	AM 5:30 Cycle- RP 9:00 Cycle-CS 9:00 Kickbox-CB 10:15 Muscle- BW PM 4:30 HIIT-JQ 5:00 BLT-JQ 5:30 Muscle-TBD	AM 9:00 Cycle- LS 10:00 TBC- JQ 11:00 *Abs/Glutes - JQ PM 4:30 Turbo Kickbox-CP 5:30 ZUMBA Tone- SW 6:00 Cycle-MR2	AM 5:30 Cycle- WS 8:30 ***Abs to the Core - CB 8:45 **Kickbox Express-CB 9:30 TBC- AK	AM 8:30 Cycle- KP 9:30 HIIT-JQ 10:00 Upper/Core Conditioning-JQ 10:30 ZUMBA- KO
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