



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 SEPTEMBER—GROUP FITNESS

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 DB-Dee GB-Gina JD-Jesica JM-Jenny JM2-Jonell JQ-Jillian	Instructor Key KP-Kathleen KO-Kim LS-Lynn MC-Maria MR-Michele MS-Mandy MW-Marcella SL-Sarah	*30 minute class ** 45 minute class *** 75 minute class	1 AM 5:30 Cycle—DB 9:00 Kickbox Conditioning- CB 10:15**Muscle Express- DB PM 4:30-Strictly Circuit-MC 5:30**Muscle-SL	2 AM 8:00 Cycle-JM2 9:00 Cycle—LS 10:00 TBC—JQ PM 4:30 TBC—MC 5:30 Cycle—DB	3 AM 6:00 Cycle—JD 9:15 TBC—DB	4 AM <u>6:45 Team Plyo</u> 9:00 Cycle—KP 10:00 Zumba-MW 11:00 Muscle-AS
AM 8:30 Cycle—PJ	AM 6:00 Cycle-DB 9:00 TBC-CB 10:15 ** Muscle Express- DB *Labor Day hours 6AM-2PM	AM 9:00 Cycle—JM 10:00 TBC—MR PM 4:30 TBC—MC 5:30 Cycle-GB	AM 5:30 Cycle—DB 9:00 Kickbox/Conditioning- CB 10:15 **Muscle Express- DB PM 4:30-Strictly Circuit-MC 5:30**Muscle-SL	AM 8:00 Cycle-JM2 9:00 Cycle—LS 10:00 TBC—JQ PM 4:30 TBC—MC 5:30 Cycle—DB	AM 6:00 Cycle—JD 9:15TBC—DB	AM <u>6:45 Team Plyo</u> 9:00 Cycle—KP 10:00 Zumba-MW 11:00 Muscle-AS
AM 8:30 Cycle—PJ	AM 5:30 Cycle-DB 9:00 TBC-CB 10:15** Muscle Express- DB PM 4:30*Cycle-GB 5:00*Abs-GB 5:30 Muscle-JD	AM *NEW CLASS 7:30 Cycle-JM 9:00 Cycle—JM 10:00TBC—MR PM 4:30 TBC—MC 5:30 Cycle-GB	AM 5:30 Cycle—DB 9:00 Kickbox/Conditioning- CB 10:15**Muscle Express- DB PM 4:30-Strictly Circuit-MC 5:30**Muscle-SL	AM 8:00 Cycle JM2 9:00 Cycle—LS 10:00 TBC—JQ PM 4:30 TBC—MC 5:30 Cycle—DB	AM 6:00 Cycle—JD 9:15 TBC—DB	AM <u>6:45 Team Plyo</u> 9:00 Cycle—KP 10:00 Zumba-MW 11:00 Muscle-AS
AM 8:30 Cycle—PJ	AM 5:30 Cycle-DB 9:00 TBC-CB 10:15**Muscle Express- DB PM 4:30*Cycle-GB 5:00*Abs-GB 5:30 Muscle-JD	AM 7:30 Cycle JM 9:00 Cycle—JM 10:00 TBC—MR PM 4:30 TBC—MC 5:30 Cycle-GB	AM 5:30 Cycle—DB 9:00 Kickbox/Conditioning- CB 10:15**Muscle Express- DB PM 4:30-Strictly Circuit-MC 5:30**Muscle-SL	AM 8:00 Cycle —JM2 9:00 Cycle—LS 10:00 TBC—JQ PM 4:30 TBC—MC 5:30 Cycle—DB	AM 6:00 Cycle—JD 9:15 TBC—DB	AM <u>6:45 Team Plyo</u> 9:00 Cycle—KP 10:00 Zumba-MW 11:00 Muscle-AS
AM 8:30 Cycle—PJ	AM 5:30 Cycle-DB 9:00 TBC-CB 10:15**Muscle Express- DB PM 4:30*Cycle-GB 5:00*Abs-GB 5:30 Muscle-JD	AM 7:30 Cycle-JM 9:00 Cycle—JM 10:00 TBC—MR PM 4:30 TBC—MC 5:30 Cycle-GB	AM 5:30 Cycle—DB 9:00 Kickbox/Conditioning- CB 10:15**Muscle Express- DB PM 4:30-Strictly Circuit-MC 5:30**Muscle-SL	AM 8:00 Cycle —JM2 9:00 Cycle—LS 10:00 TBC—JQ PM 4:30 TBC—MC 5:30 Cycle—DB		*30 minute class ** 45 minute class *** 75 minute class

All classes are 55 minutes unless otherwise specified.
 Schedule subject to change without notice.