



THE HAWTHORNS GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BOOT CAMP 5:30-6:20 am Instructor: Chris	SPINNING 5:30-6:15 am Instructor: Sarah	BOOT CAMP 5:30-6:20 am Instructor: Chris	SPINNING 5:30-6:15 am Instructor: Jordan	BOOT CAMP 5:30-6:20 am Instructor: Chris
YOGA 7:00-7:45 am Instructor: Chantel		YOGA 7:00-7:45 am Instructor: Chantel		
SPINNING 8:00-8:45 am Instructor: Diane		SPINNING 8:00-8:45 am Instructor: Diane		SPINNING 8:00-8:45 am Instructor: Jordan
BOOT CAMP 9:00-9:50 am Instructor: Diane	BOOT CAMP / MINI CIRCUITS 9:00-9:40 am Instructor: Chris	BOOT CAMP 9:00-9:50 am Instructor: Chris	BOOT CAMP / MINI CIRCUITS 9:00-9:40 am Instructor: Chris	BOOT CAMP 9:00-9:50 am Instructor: Chris
	BARRE / BODY SCULPT 9:50-10:30 am Instructor: Courtney		BARRE / BODY SCULPT 9:50-10:30 am Instructor: Courtney	



For More Information on Personal Training Packages,
Contact Chris Powell at cpowell@hawthornscountryclub.com
or Diane Pratt at lilredrileyhood12@gmail.com