

CFS Spring Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp Claudia 7:00–8:00A.M.		Pilates Billie 8:00–9:00A.M.	Boot Camp Claudia 7:00–8:00A.M.	Pilates Billie 8:00–9:00A.M.		
Boot Camp Claudia 9:30–10:30A.M.	Ladies Super Circuit Claudia 9:30–10:30A.M.	Pilates Billie 9:30–10:30A.M.	Ladies Super Circuit Claudia 9:30–10:30A.M.	Boot Camp Tracy 9:00–10:00A.M. Pilates Billie 9:30–10:30A.M.		
Pilates Billie 10:30–11:30A.M.		Boot Camp Tamara 10:15–11:30A.M.		Pilates Billie 12:30–1:30P.M.		
Pilates Billie 7:15–8:15 P.M.		Pilates Billie 7:15–8:15 P.M.				



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