



# GROUP X SCHEDULES

Welcome to Seattle's Premier Fitness Studio & Conditioning Club. Our continuing goal is to offer the most complete selection of workout options in the city. We specialize in group workouts that are dance-based or sports-based, several formats integrate both styles. Take advantage of our great selection of in-studio classes and talented instructors. **See you in class!**

www.TheSeattleGYM.com  
www.facebook.com/TheSeattleGymQA



All Main Studio classes are one hour unless otherwise noted

## QUEEN ANNE MAIN STUDIO CLASSES

TIME	MON	TUES	WED	THU	FRI	SAT	SUN
6 am							
7 am							
9 am							
10 am							
11 am							
12 pm							
1-4 pm							
5 pm							
6 pm							
7 pm							

## CYCLE STUDIO CLASSES

All Cycle classes are 45 minutes unless otherwise noted

TIME	MON	TUES	WED	THU	FRI	SAT	SUN
6 am							
9 am							
12 pm							
6 pm							

STUDIO & CYCLE CLASS SCHEDULE / INSTRUCTOR SUBJECT TO CHANGE.

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