

WINTER SCHEDULE--EFFECTIVE 1/5/20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6:30am SPINNING	*see note below about 9am BOSU class	5:30am SPINNING	
8:45am ZUMBA		9:00am SPINNING	New time! 9:30am BEGINNER YOGA	8:45am SPINNING	9:15am UPPER & LOWER BODY	9:00am SPINNING
9:00am SPINNING	9:30am STEP EXPRESS	9:00am tai chi	New format! 9:30am CARDIO/ SCULPT	9:30am ABS/LEGS	9:45am ABS EXPRESS	9:30am CARDIO- BLAST
9:00am tai chi	10:00am WEIGHTS & ABS	9:30am ABS/LEGS	10:15am ABS EXPRESS	10:00am WEIGHTS EXPRESS	10:00am CARDIO MIX**	10:30am ABS EXPRESS
9:30am cardio-mix	10:30am YOGA	10:00am weights express	10:30am WEIGHTS & BODY BAR	10:30am YOGA	10:30am YOGA	10:30am YOGA
	10:30am ZUMBA	10:00am yoga	11:15am ZUMBA GOLD	10:15am ZUMBA		10:45am UPPER & LOWER BODY
10:15am abs express	New time! 5:15pm BODY SHAPING	10:15am ZUMBA	4:30pm abs/step	11:00AM SENIOR AEROBICS		11:15am ZUMBA
10:30am barre PLUS PILATES	New time/format! 6:00PM BOOT CAMP EXPRESS	11:00am SENIOR AEROBICS	5:15pm BODY SHAPING	1:30pm chair yoga	6:00pm YOGA	*1st Thurs. of month only, there will be a 9am BOSU Balance & Core class
	New time! 6:30PM ZUMBA	4:45pm ZUMBA TONING	6:00pm BOOT CAMP	5:30PM WTS/ABS/ STEP	6:30Pm ZUMBA	
	6:45pm VINYASA YOGA	5:30PM WEIGHTS & ABS	6:30pm VINYASA YOGA	New time! 5:15pm spinning		
	New class! 7:15pm blast	6:00PM STEP EXPRESS	6:45pm ZUMBA	6:30pm zumba		
		6:30pm zumba				

schedule
subject to
change