

**SPRING SCHEDULE--EFFECTIVE 3/15/2020**

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

schedule  
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