

FALL SCHEDULE--EFFECTIVE 9/16/2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:45AM ZUMBA			9:30AM CARDIO SCULPT & ABS	8:45AM SPINNING	9:15AM BODY SHAPING	9:30AM CARDIO SCULPT & ABS
9:00AM SPINNING	9:30AM CARDIO SCULPT & ABS	9:30AM BODY SHAPING	10:30AM BEGINNER YOGA	9:30AM BODY SHAPING	10:15AM CARDIO SCULPT & ABS	10:30AM YOGA
9:45AM CARDIO SCULPT & ABS	10:45AM ZUMBA	10:30AM YOGA	11:15AM ZUMBA GOLD	10:30AM ZUMBA	10:30AM YOGA	10:45AM ZUMBA
	6:00PM ZUMBA	6:00PM ZUMBA	5:15PM SCULPT	1:30PM CHAIR YOGA		
	6:30PM YOGA		6:00PM CARDIO-KICK BOXING	6:00PM ZUMBA		
			6:30PM YOGA			

**SCHEDULE
SUBJECT
TO
CHANGE**