

### FALL/WINTER SCHEDULE--EFFECTIVE 11/1/2020

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	New! 9:30AM CARDIO/ STEP	9:30am body shaping	10:30am yoga	9:30am body shaping	New! 10:15am 30 minute cardio	10:30am yoga
New! 9:45AM 30 MINUTE CARDIO	New! 10:00AM WEIGHTS & ABS	10:30am yoga	11:15am ZUMBA GOLD	10:30am zumba	10:30am YOGA	10:45am zumba
New! 10:30AM 30 MINUTE BARRE	10:45am zumba	6:00pm zumba	New! 5:30pm body shaping	1:30pm chair yoga		
	6:00pm zumba		New! 6:30pm zumba	6:00pm zumba		
	6:30pm yoga			6:30pm yoga		

**SCHEDULE  
SUBJECT  
TO  
CHANGE**