

WINTER SCHEDULE—EFFECTIVE 1/4/2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:45AM ZUMBA	9:30AM CARDIO/ STEP		9:30AM CARDIO SCULPT & ABS	8:45AM SPINNING	9:15AM BODY SHAPING	9:30AM CARDIO SCULPT & ABS
9:00AM SPINNING	10:00AM WEIGHTS & ABS	9:30AM BODY SHAPING	10:30AM YOGA	9:30AM BODY SHAPING	10:15AM 30 MINUTE CARDIO	10:30AM YOGA
9:45AM 30 MINUTE CARDIO	New Day! 10:30AM YOGA		10:35AM ZUMBA GOLD	10:30AM ZUMBA	10:30AM YOGA	10:45AM ZUMBA
10:30AM 30 MINUTE BARRE	10:45AM ZUMBA	5:30PM ZUMBA	11:20AM ZUMBA GOLD	1:30PM CHAIR YOGA		
	6:00PM ZUMBA	6:30PM ZUMBA	5:30PM BODY SHAPING	6:00PM ZUMBA		
	6:30PM YOGA		6:30PM ZUMBA	6:30PM YOGA		

**SCHEDULE
SUBJECT
TO
CHANGE**

