

**New!! SPRING SCHEDULE--EFFECTIVE 4/18/2021**

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	
9:45AM 30 MINUTE CARDIO	10:45am zumba		New class! 10:45am LATIN CARDIO	10:30am zumba	10:30am YOGA	11:00am zumba
10:30AM 30 MINUTE BARRE	New class! 11:45am zumba	5:30pm zumba		12:00pm 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**