

**Revised SUMMER SCHEDULE--EFFECTIVE 7/4/2021**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30am cardio/ step		9:30am 30 minute cardio	8:45am SPINNING	9:30am body shaping	9:30am cardio sculpt & abs
8:45am ZUMBA	10:00am weights & abs		10:00am weights & abs	9:30am body shaping	10:15am 30 minute cardio	
9:00AM SPINNING	10:30am ZUMBA	10:30am zumba	10:30am yoga	10:30am zumba	10:30am YOGA	11:00am zumba
9:45AM 30 MINUTE CARDIO			10:30am zumba gold	12:00pm chair yoga		
10:15am abs express	6:00pm zumba	6:00pm zumba	5:30pm body shaping	6:00pm step express		
10:30AM 30 MINUTE BARRE	6:30pm yoga		6:30pm zumba	6:30pm zumba		

**SCHEDULE  
SUBJECT  
TO  
CHANGE**

6:30pm  
yoga