

**FALL SCHEDULE—EFFECTIVE 9/19/2021**

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
8:45AM ZUMBA	10:00AM WEIGHTS & ABS	New class! 10:30AM YOGA	10:00AM WEIGHTS & ABS	9:30AM BODY SHAPING	10:15AM 30 MINUTE CARDIO	10:15AM ABS
9:00AM SPINNING	10:30AM ZUMBA	10:30AM ZUMBA	10:30AM YOGA	10:30AM ZUMBA	10:30AM YOGA	New class! 10:30AM UPPER & LOWER BODY
9:45AM 30 MINUTE CARDIO	6:00PM ZUMBA		10:30AM ZUMBA GOLD	12:00PM CHAIR YOGA		New class! 10:30AM YOGA
10:15AM ABS EXPRESS	New class! 6:45PM WEIGHTS & ABS	New time! 5:45PM ZUMBA	5:30PM BODY SHAPING	New class! 5:45PM WEIGHTS & ABS		11:00AM ZUMBA
10:30AM 30 MINUTE BARRE	6:30PM YOGA	New class! 6:30PM INTERVAL CARDIO/ STRENGTH	6:30PM ZUMBA	New time! 6:15PM STEP EXPRESS		

**SCHEDULE  
SUBJECT  
TO  
CHANGE**

6:30PM YOGA
New time! 6:45PM ZUMBA