

REVISED FALL SCHEDULE--EFFECTIVE 10/17/2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30AM CARDIO/ STEP	New class! 9:30AM BODY SHAPING	9:30AM 30 MINUTE CARDIO	8:45AM SPINNING	9:30AM BODY SHAPING	9:30AM CARDIO/ SCULPT
8:45AM ZUMBA	10:00AM WEIGHTS & ABS	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	10:30AM UPPER & LOWER BODY
9:45AM 30 MINUTE CARDIO	New class! 10:30AM YOGA		10:30AM ZUMBA GOLD	New time! 1:00PM CHAIR YOGA		11:00AM ZUMBA
10:15AM ABS EXPRESS	6:00PM ZUMBA	5:45PM ZUMBA	5:30PM BODY SHAPING	Time change! 6:00PM STEP EXPRESS		10:30AM YOGA DISCONTINUED.. TRY NEW MON AM CLASS!
10:30AM 30 MINUTE BARRE	6:30PM YOGA	6:30PM INTERVAL CARDIO/ STRENGTH	6:30PM ZUMBA	Time change! 6:30PM ZUMBA		
SCHEDULE SUBJECT TO CHANGE	6:45PM WEIGHTS & ABS			6:30PM YOGA		