

WINTER SCHEDULE--EFFECTIVE 1/9/2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30am cardio/ step	9:30AM BODY SHAPING	9:30am 30 minute cardio	8:45am SPINNING	9:30am body shaping	9:30am cardio/ sculpt
New Time! 9:00am 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	10:15AM ZUMBA LIGHT		New format! 10:15am latin cardio/ sculpt	10:30am YOGA	10:30am upper & lower body
9:45AM 30 MINUTE CARDIO	10:30am yoga		10:30am zumba	New class! 10:30am yoga		11:00am zumba
10:15am abs express	6:00PM ZUMBA	6:00pm zumba/ SCULPT	5:30pm body shaping	1:00pm chair yoga		
10:30AM 30 MINUTE BARRE	6:30pm yoga	6:45PM WEIGHTS & ABS	6:30pm zumba	6:00pm step express		
SCHEDULE SUBJECT TO CHANGE	6:45pm weights & abs			6:30pm zumba		
				6:30pm yoga		