

NEW! SUMMER SCHEDULE EFFECTIVE 6/19/22

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	New format! 9:30AM 30 MINUTE CARDIO	New time! 10:15AM BODY SHAPING	9:30AM 30 MINUTE CARDIO	8:45AM SPINNING	9:15AM BODY SHAPING	9:30AM CARDIO/ SCULPT
9:00AM ZUMBA	10:00AM WEIGHTS & ABS	10:30AM YOGA	10:00AM WEIGHTS & ABS	9:30AM BODY SHAPING	10:00AM 30 MINUTE CARDIO	10:15AM ABS
9:00AM SPINNING	10:30AM ZUMBA			10:15AM LATIN CARDIO/ SCULPT	10:30AM YOGA	10:30AM UPPER & LOWER BODY
9:45AM 30 MINUTE CARDIO	10:30AM YOGA		10:30AM ZUMBA	10:30AM YOGA	10:30AM ZUMBA GOLD	11:00AM ZUMBA
10:15AM ABS EXPRESS	6:00PM ZUMBA	6:00PM ZUMBA/ SCULPT	5:45PM BODY SHAPING	1:00PM CHAIR YOGA		
10:30AM BARRE/ MAT PILATE	6:30PM YOGA	6:45PM WEIGHTS & ABS	6:30PM ZUMBA	6:00PM STEP EXPRESS		
CLASS WILL ALTERNATE BETW THE 2 FORMATS MONTHLY	6:45PM WEIGHTS & ABS			6:30PM ZUMBA	SCHED SUBJECT TO CHANGE	
				6:30PM YOGA		