

WINTER SCHEDULE--Effective 12/1/2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				8:45am SPINNING		
9:00AM ZUMBA	9:30am 30 MINUTE CARDIO**	8:50AM BODY SHAPING	9:30am 30 minute cardio	9:30am body shaping	9:00AM BOSU BALANCE & CORE*	9:30am cardio/ sculpt
9:00am SPINNING	10:00am weights & abs	9:30AM ZUMBA	10:00am weights & abs	10:15AM LATIN CARDIO & SCULPT	9:15AM BODY SHAPING	10:15am abs
9:45am 30 minute cardio	10:30am ZUMBA	10:30AM YOGA	10:30am zumba	10:30am yoga	10:00AM 30 MINUTE CARDIO**	10:30am upper & lower body
10:15am abs express	10:30am yoga	1:00PM CHAIR YOGA		1:00pm chair yoga	10:30am ZUMBA GOLD	11:00am zumba
10:30AM BARRE#	5:45PM BODY SHAPING	6:00pm step & SCULPT	5:45PM PILATES & SCULPT	6:00pm step & SCULPT	10:30am YOGA	
<i>#Last Sun of month will be "BARRE/ PILATES FUSION"</i>	6:30Pm ZUMBA	6:30PM ZUMBA	6:30pm zumba	6:30PM ZUMBA		
	6:30pm yoga		<i>**Will be Cardio/ Step 1st Mon & Fri of month</i>	6:30pm YOGA	<i>*BOSU held 1st Fri of month</i>	
				7:15PM LADIES DANCE WKSHP		