

SUMMER/FALL SCHEDULE--Effective 9/1/2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				8:45AM SPINNING		
9:00AM ZUMBA	9:30AM 30 MINUTE CARDIO**	New! 8:45AM 30 MINUTE SCULPT	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	New! 9:30AM ZUMBA EXPRESS	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	5:45PM WEIGHTS & ABS		1:00PM CHAIR YOGA	10:30AM ZUMBA GOLD	11:00AM ZUMBA
10:30AM BARRE#	5:45PM BODY SHAPING	6:00PM STEP EXPRESS	5:45PM PILATES & SCULPT	5:50PM WEIGHTS & ABS	10:30AM YOGA	
# One Sun a month will be "BARRE/ PILATES FUSION"	6:30PM ZUMBA	6:30PM ZUMBA	6:30PM ZUMBA	6:10PM STEP EXPRESS		
	6:30PM YOGA		**Will be Cardio/ Step 1st Mon & Fri of month	6:30PM ZUMBA	*BOSU held 1st Fri of month	
				6:30PM YOGA		