

GROUP FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM JUMPSTART Jan	8:45 AM BURN (FULL BODY SCULPT) Becky	8:30 AM BODY SCULPTING Jan	8:45 AM BURN (FULL BODY SCULPT) Liz	9:30 AM SPIN Becky	9:30 AM SCULPT & STEP Julie	8:30 AM CANDLE LIGHT YOGA Joy
9:30 AM SPIN Becky	9:30 AM BODY BLAST/LEGS Petala	9:30 AM SPIN Dawna	9:30 AM BODY BLAST/UPPER BODY BLAST/LEGS	10:30 AM VINYASA YOGA Joy	10:30 AM BARRE Daniella	10:30 AM ZUMBA Kig
10:30 AM SLOW FLOW YOGA Barbara	10:30 AM ZUMBA Hugo	10:30 AM VINYASA FLOW YOGA Slywia	10:30 AM ZUMBA Hugo	11:30 AM ZUMBA Hugo		
11:30 AM ZUMBA Hugo	11:30 AM CHAIR YOGA September	11:45 AM STRENGTH & BALANCE September	11:30 AM STRENGTH & BALANCE Angel			
5:30 PM BODY SCULPT Karyn	5:30 PM BUTTS & GUTS Petala	6:00 PM STEP & MORE September	12:30 PM FULL BODY Phyllis			
			5:30 PM BARRE Daniella			

Class/instructor subject to change without notice. All Spin Classes are 45 minutes. All Group Fitness Classes are 55 minutes.

Questions: (561) 723-6536