



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					BODY COMBAT 8:15 – 9:15AM
SUPER SENIORS 8:45 – 9:30AM		SUPER SENIORS 8:45 – 9:30AM		SUPER SENIORS 8:45 – 9:30AM	ZUMBA 9:15 – 10:15AM
ATHLETIC STEP 9:30 – 10:30AM	SHRED X 9:30 – 10:30AM	STEP/SCULPT 9:30 – 10:30AM			FREESTYLE PUMP 10:15 – 11:15AM
PILATES 10:15 – 11:15AM				YOGALATES 10:15 – 11:15AM	
	PILATES 10:30 – 11:30AM	PILATES 10:30 – 11:30AM			YOGALATES 10:15 – 11:15AM
PUMP 5:30 – 6:30PM	PILATES 5:30 – 6:30PM	DANCE FIT 5:30 – 6:30PM	PUMP 10:30 – 11:30AM		
PILATES 6:30 – 7:30PM	PUMP 6:30 – 7:30PM	PILATES 6:30 – 7:30PM	PILATES 5:30 – 6:30PM	FREESTYLE DANCE 5:30 – 6:30PM	