

GROUP FITNESS/SPIN CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am JUMPSTART Jan	8:45am BURN (FULL BODY SCULPT) Becky	8:30am BODY SCULPTING Jan	8:45am BURN (FULL BODY SCULPT) LIZ			8:30am CANDLE LIGHT YOGA Joy
9:30am SPIN Becky 45min	9:30am BODY BLAST/LEGS Petala	9:30am SPIN DAWNA 45min.	9:30am BODY BLAST/ UPPER Petala	9:30am SPIN BECKY 45min	9:30am SCULPT & STEP Julie	9:30am SPIN BECKY 45MIN.
10:30am SLOW FLOW YOGA Barbara	10:30am ZUMBA Hugo	10:30am VINYASA FLOW YOGA Slywia	10:30am ZUMBA Hugo	10:30am VINYASA YOGA Joy	10:30am BARRE Daniella	10:30am ZUMBA Kig
11:30am ZUMBA Hugo	11:30am Chair Yoga September	11:30am STRENGTH & BALANCE September	11:30am STRENGTH & BALANCE Angel	11:30am ZUMBA Hugo	*Class and/or instructor subject to change without notice <u>ALL SPIN CLASSES ARE 45MIN</u> <u>ALL GROUP FITNESS CLASSES, ARE 55 MIN</u>	
			12:30pm FULL BODY Phyllis			
5:30 PM BODY SCULPT Karyn	5:30pm BUTTS & Gutts Petala		5:30 PM BARRE Daniella			
		6:00pm STEP and MORE September				