



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45-6:45 Muscle Endurance	5:45-6:30 <i>CYCLING</i>	5:45-6:45 Muscle Endurance	5:45-6:30 <i>CYCLING</i>		
						8:00-8:15 SUPER AB'S
	8:00-9:00 PILATES	8:00-9:00 ISO CORE	8:00-9:00 PILATES	8:00-9:00 CP'S MUSCLE ENDURANCE	8:00-9:00 PILATES	8:15-9:15 <b>ZUMBA</b>
	8:30-9:00 DEEP WATER		8:30-9:00 DEEP WATER		8:30-9:00 DEEP WATER	8:30-9:00 DEEP WATER
	9:00-10:00 SR AQUA AEROBICS	9:00-10:00 ARTHRITIC AQUA	9:00-10:00 SR AQUA AEROBICS	9:00-10:00 ARTHRITIC AQUA	9:00-10:00 SR AQUA AEROBICS	9:00-10:00 AQUA AEROBICS
	9:00-9:15 SUPER ABS		9:00-9:15 SUPER ABS		9:00-9:15 SUPER ABS	9:15-10:15 <b>ZUMBA</b>
	9:15-10:15 STEP 2 3 <sup>RD</sup> POWER	9:15-10:15 <i>CYCLING</i>	9:15-10:15 <b>ZUMBA</b>	9:15-10:15 <i>CYCLING</i>	9:15-10:15 <b>ZUMBA</b>	9:15-10:15 <i>CYCLING</i>
	10:15-11:15 CARDIO, STRENGTH & STRETCH	10:15-11:15 BALANCED & FIT		10:15-11:15 BALANCED & FIT	10:15-11:15 CARDIO, STRENGTH & STRETCH	10:15-10:30 SUPER AB'S
	4:30-5:30 <b>ZUMBA</b>	4:30-5:15 KICK BOXING		4:30-5:15 STEPPIN"		
		5:15-5:30 SUPER AB'S		5:15-5:30 SUPER AB"		
	5:30-6:15 PM <i>CYCLING</i>	5:30-6:15 <i>CYCLING</i>	5:30-6:15 <i>CYCLING</i>			
5:30-6:30 YOGA LITE	5:45-6:45 <b>ZUMBA</b>	5:30-6:30 CP'S MUSCLE ENDURANCE	5:30-6:15 KICKBOXING	5:30-6:30 CP'S MUSCLE ENDURANCE		
	6:00-7:00 AQUA AEROBICS		6:00-7:00 AQUA AEROBICS		6:00-7:00 AQUA AEROBICS	
		6:30-6:45 SUPER AB'S	6:15-7-15 <b>ZUMBA</b>	6:30-6:45 SUPER AB'S		
	6:45-7:45 <i>POWER YOGA</i>	6:45-8:00 VINYASA YOGA		7:00-8:00 <i>CORE YOGA</i>		