



GROUP X-ERCISE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					YOGA 8:00-9:00AM
DEFINE 9:30-10:30AM		SPIN 9:30-10:30AM		BODY BLAST 9:30-10:30AM	ZUMBA 9:30-10:30
	DEFINE 5:00-6:00PM		ZUMBA 5:00-6:00PM		
CARDIO KICKBOXING 5:30-6:30PM	YOGA 6:00-7:00PM	PILATES 5:45-6:45PM	BOOTCAMP 6:00-7:00PM		
		SPIN 6:45-7:45PM			