



GROUP X-EXERCISE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	YOGA 5:00-6:00AM	DEFINE 5:00-6:00AM	YOGA 5:00-6:00AM	ATTACK 5:00-6:00AM	KICKBOXING 7:00-8:00AM
YOGA 9:15-10:15AM	ATTACK 9:30-10:30AM	ZUMBA 9:30-10:30AM		YOGA Strength 9:15-10:15AM	YOGA STRETCH 8:00-8:45AM
		SILVER SNEAKERS 10:30-11:15AM	CARDIOMIX 9:30-10:30AM	SILVER SNEAKERS 10:30-11:15AM	ATTACK 9:00-10:00AM
ZUMBA 12:00-1:00PM			SILVER SNEAKERS CARDIO CIRCUIT 10:30-11:30AM		ZUMBA 10:00-11:00AM
MUSCLE UP 4:30-5:30PM	BUTTS N GUTS 5:00-5:30PM		DEFINE 5:00-6:00PM		
YOGA 5:30-6:30PM	BODY BLAST 5:30-6:30PM	YOGA STRETCH 5:30-6:30PM	HARD CORE 6:00-6:30PM		
ZUMBA 6:30-7:30PM	"ULTIMATE" KICK BOXING 6:30-7:30PM	CARDIO COMBO 6:30-7:30PM	ZUMBA 6:30-7:30PM		