

28 WEST GYM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00			Spinning Erika		Spinning Erika		
8:30							Spinning Erika
9:00						-Zumba- Vivian	
9:30	-Fusion- Erika			-Fusion- Erika			
10:00		---Yoga--- Patrice	Zumba Vivian				---Yoga--- Patrice
10:15					Pilates Michelle	---Yoga--- Kim	
2:00	Gentle Yoga Jess						
4:00	Healthy Back \$10						
5:30	Spinning Erika	---Yoga--- Adi	Pilates Michelle				

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