

WEEKLY SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM	Core Power						
8:30 AM	Small Group Training						Zumba
9:00 AM							
9:30 AM							
10:00 AM	Total Body Conditioning	Small Group Training					Fit Camp
10:30 AM							
11:00 AM						Silver & Fit	
11:30 AM							Small Group Training
12:00 PM				Small Group Training			
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM		Legs & Glutes	Small Group Training		Core Power		
6:30 PM				Total Body Conditioning			
7:00 PM							

*Classes in **GREEN** are not included in memberships.