## CCC202025



## Fitness class Schedule

Functional Fitness - 6am Total Body Reset - 8am Pilates - 5pm

Pilates - 8am Dance Aerobics - 5pm

THURSDAY: Pilates - 8am Dance Aerobics -5 pm

FRIDAY:

Functional Fitness - 6am Total Body Reset - 8am

WEDNESDAY: Functional Fitness - 6am

Total Body Reset - 8am

Pilates - 5pm

Country Western Dancing - 6pm & 7pm

SATURDAY: Pilates - gam











