

Group X Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM	Yoga (60 min) Darlene			Yoga (60 min) Darlene			
9:00 AM					HIIT (60 min) Jessie	HIIT (60 min) Jessie	
10:00 AM					Zumba (60 Min) Jessie	Zumba (60 Min) Jessie	
5:30 PM			Yoga (60 min) Darlene				
6:30 PM	Total Body (60 min) Jessie	Total Body (60 min) Jessie	Total Body (60 min) Jessie	Total Body (60 min) Maria			
7:30 PM	Zumba (60 Min) Jessie	Zumba (60 Min) Jessie	Zumba (60 min) Jessie	Zumba (60 min) Maria			