



WEEKLY CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM		Power Cycle Glenn		Power Cycle Glenn		
8:00 AM	Yoga Lin	Senior Sit to be Fit Gabriele	Yoga Lin	Senior Sit to be Fit Gabriele		Yoga Sandra
9:00 AM	Power Cycle Krissa		Power Cycle Alyssa	Power Cycle Katie		Power Cycle
9:00 AM	Senior Sit to be Fit Gabriele		Senior Power Susie		Senior Sit to be Fit Gabriele	ZUMBA Krissa
9:15 AM		ZUMBA Gold Belinda		ZUMBA Krissa		
10:AM	Senior Cardio/Strength Gabriele		Senior Cardio/Strength Gabriele		Senior Cardio/Strength Gabriele	
5:15 PM		Yoga Jackie		Yoga Jackie		
5:30 PM	X.O. Dance Dez		ZUMBA Strong Susie			
6:15 PM	Power Cycle Bianca	Power Cycle Bianca	Power Cycle Bianca	Power Cycle Bianca		
6:30 PM	ZUMBA Belinda	Cardio Kickboxing Dez		ZUMBA Belinda		

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