

TIMES;	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am – 6:30 am		CYCLING Karie		CYCLING Karie	SHiNE Kelsy	
9 am – 10 am						ZUMBA Val
9:30 am – 10:30 am	YOGA Cheryl		YOGA Cheryl		YOGA Cheryl	
11 am – 12 pm						
12 pm – 1 pm						
3 pm – 4 pm						
5 pm – 6 pm		YOGA Jenna				
5:30 pm – 6:30 pm	ZUMBA Val		ZUMBA Val			
6:30 pm – 7:30 pm	CYCLING Tanisha		CYCLING Tanisha	HIP – HOP Tanisha		
6:30 pm – 7:30 pm	FIT CAMP Heather		FIT CAMP Heather			
7:30 pm – 8:30 pm				SHiNE Kelsy		

