



# Class Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

5:30 am



Cycling  
(Angelica)

5:45 am



Battle Ropes  
(Dennis)



Boot Camp  
(Dennis)



Boot Camp  
(Dennis)

7:45 am



Power Hour  
(Shelby)

8:30 am



Power Hour  
(Shelby)

9:00 am



Cardio Blast  
(Sheila)



Step & Tone  
(Sheila)



Step & Tone  
Sheila



Butts & Guts  
(Bethany)

9:00 am



Spin  
(Amber)



Spin  
(Amber)

10:00 am



X Training  
(Amber)



X Training  
(Amber)

5:00 am



Kids Zumba  
(Cecilia)



Resistance  
Training(Katrina)

5:30 pm



Zumba  
(Damian)



Pilates  
(Leeann)



Zumba  
(Damian)



Pilates  
(Leeann)



Zumba  
(Dawn)

5:30 pm



Spin  
(Katrina)



Strength &  
Condition (Bethany)



U-Jam Kids  
(Jackie)

6:00 am



X Training  
(Amber)



Spin  
(Amber)



X Training  
(Amber)

6:30 pm



Yoga  
(Katrina)



Cycling  
(Leeann)



Yoga  
(Katrina)



Cycling  
(Leeann)

6:30 pm



Zumba  
(Antoinette)



Zumba  
(Antoinette)