

# GROUP CLASS SCHEDULE



Scan Me

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>KICKBOXING BOOTCAMP</b> 5-9AM - AEROBICSROOM	<b>KICKBOXING BOOTCAMP</b> 5-9AM - AEROBICS ROOM	<b>KICKBOXING BOOTCAMP</b> 5-9AM - AEROBICS ROOM	<b>KICKBOXING BOOTCAMP</b> 5-9AM - AEROBICS ROOM	- -
<b>FUNCTIONAL FITNESS</b> 8-8:30AM - RACQUETBALL ROOM	<b>FUNCTIONAL FITNESS</b> 8-8:30AM - RACQUETBALL ROOM	<b>FUNCTIONAL FITNESS</b> 8-8:30AM - RACQUETBALL ROOM	<b>FUNCTIONAL FITNESS</b> 8-8:30AM - RACQUETBALL ROOM	<b>FUNCTIONAL FITNESS</b> 8-8:30AM - RACQUETBALL ROOM
- -	<b>ZUMBA</b> 8-9AM - UPSTAIRS	- -	<b>ZUMBA</b> 8-9AM - UPSTAIRS	- -
<b>DOLLSTAR DANCE</b> 8:30-9:15AM - UPSTAIRS	- -	<b>DOLLSTAR DANCE</b> 8:30-9:15AM - UPSTAIRS	- -	- -
<b>CORE TONING</b> 9:15-10AM - UPSTAIRS	<b>WATER AEROBICS</b> 9:15-10AM - POOL	<b>UPPER BODY TONING</b> 9:15-10AM - UPSTAIRS	<b>WATER AEROBICS</b> 9:15-10AM - POOL	- -
<b>BE FOREVER FIT</b> 9-10AM - AEROBICS ROOM	- -	<b>BE FOREVER FIT</b> 9-10AM - AEROBICS ROOM	- -	<b>BE FOREVER FIT</b> 9-10AM - AEROBICS ROOM
- -	<b>SILVER SNEAKERS</b> 10-10:45AM - AEROBICS ROOM	- -	<b>SILVER SNEAKERS</b> 10-10:45AM - AEROBICS ROOM	- -
<b>FIT OVER 50</b> 10-10:45AM - AEROBICS ROOM	- -	<b>FIT OVER 50</b> 10-10:45AM - AEROBICS ROOM	- -	<b>FIT OVER 50</b> 10-10:45AM - AEROBICS ROOM
<b>SPIN CYCLE</b> 5:30-6:30PM - ROOM 2	- -	<b>SPIN CYCLE</b> 5:30-6:30PM - ROOM 2	- -	- -
- -	<b>KC'S BOOTCAMP</b> 6:15-7PM - CROSSFIT ROOM	- -	<b>KC'S BOOTCAMP</b> 6:15-7PM - CROSSFIT ROOM	- -