



GROUP CLASS SCHEDULE



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