



GROUP FITNESS STUDIO

WEEKLY SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7am							
8am	8:30 - 9:30 am Kick 'N' Strength Lisa P.						
9am				9:30 - 10:30 am Cardio kickboxing Lisa P.	9:30 - 10:30 am Strength Training Fran G.	9:15-10:15 Zumba Kecia	
10am	10:15 - 11:15 AM Strength Training Fran	10:15 - 11:15 AM Zumba Maribel	10:15 - 11:15 AM Barre Andrea G.	10:30-11:30 am Cardio Mix Maribel	10:30am- 11:30 am Zumba Gold Janet	10:30 - 11:30 am Strength Training Lisa P	10:00- 11:00 am Zumba Step Gigi K.
11am	11:30-12:30 pm SilverSneakers Norma	11:30 - 12:30 pm Silver Sneakers Diana	11:30 - 12:30 PM Silver Sneakers Andrea G 11:45am-12:45 pm Pilates Norma	11:30 - 12:30 PM Silversneakers Carol C.	11:30 - 12:30 am Silversneakers Norma	11:30 - 12:30 Pilates Norma	11:00- 12:00 Functional Core & Movement Andrea G.
12pm			12:45- 1:45 PM Yoga Therapy Norma	12:30-1:30 PM Yoga Carol C.	12:30 - 1:30 PM Yin Yoga Norma	12:30 - 1:50 PM Hatha Yoga/Meditation Norma	
1pm							
2pm						2:00pm-3:00pm Paid Class Defense 101 Mod 1 Sheeba	
3pm			3:30pm True Self Defense Ages 5-7 Starts 8/3		3:30pm True Self Defense Ages 5-7 Starts 8/5		
4pm	4-5 pm Pilates Norma		4:15pm True Self Defense Ages 8& up Starts 8/3		4:15pm True Self Defense Ages 8& up Starts 8/5		
5pm	5-6 pm Yoga Norma 5:30 - 6:30 pm Butts 'N' Gutts Lisa	5:30 - 6:30 PM Kickboxing Lisa P.	5:15 - 6:15 pm Strength Training Lisa P.	5:30 - 6:30 pm HITT Lisa P.			
6pm	6:30-7:30 pm Zumba Janina				6:00pm True Self Defense All Students		
7pm	7:45 - 8:45 pm STRONG Nation Vanessa P.	6:45 - 7:45 pm Zumba Susan O.	7:30 - 8:30 STRONG Nation Vanessa P.	6:45 - 7:45 pm Zumba Susan O.			
8pm							

\* This Class is only offered the first Friday of every month