

# ATHLETICA

GROUP FITNESS STUDIO

HEALTH & FITNESS

WEEKLY SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6am	6:00 - 7:00 AM Body Building & Toning w/Laura J.			6:00 - 7:00 AM Body Building & Toning w/Laura J.			
7am							
8am							
9am							
10am		10:00 - 11:00 AM Boxing w/Laura J.					
11am		11:30 - 12:30 AM Silver Sneakers - CECE	11:30 - 12:30 AM Silver Sneakers - CECE		11:00 - 12:00 PM Yoga w/ Tyara P.		11:30 - 12:30 AM Zumba Step w/ Gigi
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
	5:30 - 6:30 pm Zumba w/ Susan						
6pm		6:30 - 7:30 pm Zumba w/Kecia	6:45 - 7:45 AM - Zumba w/Janina				
7pm	7:30 - 8:30 PM Functionl Fitness w/Laura J.						
8pm							

