

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM			ZUMBA Ken			9:00 AM	ZUMBA Kim	
10:00 AM		CLUB FITNESS <sup>Holly</sup> <b>STRENGTH</b>				10:00 AM		
10:30 AM	ZUMBA Kim			ZUMBA Kim				
12:00 PM		CLUB FITNESS <sup>30min</sup> <b>SYNERGY</b>	DFM Trainer 45min	CLUB FITNESS <sup>30min</sup> <b>SYNERGY</b>				
4:30 PM								
5:30 PM	ZUMBA Cassandra	ZUMBA Ashley 45min	CLUB FITNESS <sup>Edith</sup> <b>CARDIO</b>	CLUB FITNESS <b>STEP</b> Nancy				
6:15 PM		CLUB FITNESS <b>YOGA</b> Maggie						
6:30 PM	CLUB FITNESS <sup>Maggie</sup> <b>STRENGTH</b>		CLUB FITNESS <sup>Edith</sup> <b>STRENGTH</b>	CLUB FITNESS <sup>Nancy</sup> <b>KICKBOXING</b>				

## CYCLE STUDIO

7:00 AM						7:00 AM	SPINNING Maggie	
8:00 AM						8:00 AM	SPINNING Ashley	
5:30 PM	SPINNING Maggie			SPINNING Ashley				
7:30 PM	SPINNING Maggie	SPINNING Maggie						

## BURN ZONE

5:00 AM	BURN ZONE LeAnn	BURN ZONE Victoria	BURN ZONE Donna	BURN ZONE LeAnn K	BURN ZONE Donna			
6:15 AM	BURN ZONE LeAnn	BURN ZONE LeAnne	BURN ZONE Donna	BURN ZONE LeAnn K	BURN ZONE Alyssa			
8:30 AM						8:30 AM	BURN ZONE Alyssa	BURN ZONE Kim
9:00 AM	BURN ZONE Becky	BURN ZONE Alyssa	BURN ZONE Kim	BURN ZONE Alyssa	BURN ZONE Alyssa			
10:00 AM						10:00 AM	BURN ZONE Kim	BURN ZONE Kim
4:30 PM	BURN ZONE Calvin		BURN ZONE Kim					
5:15 PM		BURN ZONE Maggie		BURN ZONE Calvin	BURN ZONE Lane			
6:00 PM	BURN ZONE Beth		BURN ZONE Becky					
6:30 PM		BURN ZONE Calvin		BURN ZONE Calvin				