

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:30 AM	LES MILLS BODYFLOW Alyssa					9:00 AM	ZUMBA Kim	
10:00 AM					LES MILLS BODYFLOW Alyssa	10:00 AM	STRONG ZUMBA Sabrina 30min	
10:30 AM	ZUMBA toning Kim	CLUB FITNESS STRENGTH Holly	ZUMBA Ken	ZUMBA Kim				
12:00 PM	CLUB FITNESS DYNAMICS Trainer 45 min		CLUB FITNESS DYNAMICS Trainer 45 min					
5:30 PM	ZUMBA Cassandra	ZUMBA Ashley	CLUB FITNESS CARDIO Edith	CLUB FITNESS STEP Nancy				
6:30 PM	CLUB FITNESS STRENGTH Maggie	LES MILLS BODYFLOW Maggie	CLUB FITNESS STRENGTH Edith	CLUB FITNESS KICKBOXING Nancy				

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 LeAnne	BURN ZONE Victoria	BURN ZONE Donna	BURN ZONE LeAnne K	BURN ZONE Donna			
6:15 AM	BURN ZONE LeAnne	BURN ZONE LeAnne	BURN ZONE Donna	BURN ZONE LeAnne 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 Sarah		BURN ZONE Kim					
5:15 PM		BURN ZONE Maggie		BURN ZONE Amanda	BURN ZONE Lane			
6:00 PM	BURN ZONE Beth		BURN ZONE Becky					
6:30 PM		BURN ZONE Nancy		BURN ZONE Juan				