

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:00 AM	CLUB FITNESS YOGA Judy	PiYO LeAnne	CLUB FITNESS STRENGTH LeAnne	PiYO LeAnne	CLUB FITNESS CYCLE Sally	8:00 AM		
9:00 AM	ZUMBA Benita	Turbo KICK Airiel	Turbo KICK LeAnne	COUNTRY HEAT LeAnne	CLUB FITNESS CORE 30 min Sally	9:00 AM	CLUB FITNESS STEP Maggie	
10:00 AM						10:00 AM	CLUB FITNESS YOGA Judy	
11:00 AM						11:00 AM	CLUB FITNESS YOGA Judy	
4:30 PM			CLUB FITNESS CYCLE Sally					
5:15 PM		CLUB FITNESS STRENGTH Edith		CLUB FITNESS STRENGTH Edith				
5:30 PM	CLUB FITNESS CARDIO Edith		CLUB FITNESS STEP STRENGTH Maggie					
6:15 PM		CLUB FITNESS KICKBOXING Edith		CLUB FITNESS CYCLE Maggie				
6:30 PM			CLUB FITNESS YOGA Maggie					
7:30 PM			DFM Trainer					

All classes are reviewed and revised often. We assess and make changes monthly with the help of your feedback and the resources we have available.