



GROUP X-EXERCISE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	KICK CORE 5:00-6:00AM	DEFINE 5:00-6:00AM		BOOTCAMP 5:00-6:00AM	
					RIPPED 7:00-8:00AM
ZUMBA 8:30-9:30AM				ZUMBA 8:30-9:30AM	YOGA STRETCH 8:00-9:00AM
	MUSCLE UP 9:30-10:30AM	ZUMBA 9:30-10:30AM			ZUMBA 9:00-10:00AM
		SILVER SNEAKERS 10:30-11:15AM		SILVER SNEAKERS 10:30-11:15AM	
STRONG & REGENERATIVE YOGA 5:00-6:00PM	BODY BLAST 5:00-6:00PM	YOGA STRETCH 5:30-6:30PM			Sunday
ZUMBA 6:30-7:30PM		RIPPED 6:30-7:30PM	ZUMBA 6:15-7:15PM		STRONG & REGENERATIVE YOGA 8:30-9:30AM