



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	
				YOGA STRETCH 7:45-8:45AM	YOGA STRETCH 8:00-9:00AM
ZUMBA 9:00-10:00AM	MUSCLE UP 9:30-10:30AM	ZUMBA 9:30-10:30AM		ZUMBA 9:00-10:00AM	ZUMBA 9:00-10:00AM
		SILVER SNEAKERS 10:30-11:15AM		SILVER SNEAKERS 10:30-11:15AM	
IRON LOTUS YOGA 5:30-6:30PM		YOGA STRETCH 5:30-6:30PM			
ZUMBA 6:30-7:30PM	ZUMBA 6:00-7:00PM	RIPPED 6:30-7:30PM	ZUMBA 6:30-7:30PM		