



April/May/June

Morning

Afternoon

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 - 7:00 am FUSION	6:00 - 7:00 am HIIT XTREME	6:00 - 7:00 am FUSION		
8:00 - 9:00 am LIFT	8:00 - 9:00 am YOGA	8:00 - 9:00 am LIFT	8:00 - 9:00 am YOGA	8:00 - 9:00 am LIFT ON THE BALL	
9:00 - 10:00 am ZUMBA	9:00 - 10:00 am SILVER STRONG	9:00 - 10:00 am CYCLE	9:00 - 10:00 am SILVER STRONG	9:00 - 10:00 am CYCLE	9:00 - 10:00 am ZUMBA
10:00 - 11:00 am BARRE	10:00 - 11:00 am BODY COMBAT	10:00 - 11:00 am YOGA	10:00 - 11:00 am BODY COMBAT	10:00 - 11:00 am YOGA	
	11:00am - 12:00 pm HIIT XTREME			11:00am - 12:00 pm ZUMBA	
3:00 - 4:00 pm SILVER FITNESS	3:00-4:00 pm SILVER STRETCH	3:00 - 4:00 pm SILVER FITNESS	3:00 - 4:00 pm SILVER CIRCUIT		
4:00 - 5:00 pm CORE DE FORCE	4:00 - 5:00 pm LIFT	4:00 - 5:00 pm CORE DE FORCE	4:00 - 5:00 pm LIFT	4:00 - 5:00 pm ZUMBA TONE	
5:00 - 6:00 pm FUSION	5:00 - 6:00 pm ZUMBA	5:00 - 6:00 pm RUMBLE	5:00 - 6:00 pm BODY COMBAT	5:00 - 6:00 pm BODY COMBAT	
6:00-7:00 pm BODY COMBAT	6:00 - 7:00 pm BODY COMBAT	6:00 - 7:00 pm ZUMBA	6:00 - 7:00 pm ZUMBA		
7:00-8:00 pm ZUMBA	7:00 - 8:00 pm YOGA		7:00 - 8:00 pm YOGA		