

2020 Schedule



	SUN	MON	TUES	WED	THURS	FRI	SAT
5:00 AM							
5:30 AM			Spin		Spin		
6:00 AM							
7:00 AM							
8:30 AM							
9:00 AM							
11:00 AM		Zumba		Zumba Gold		Balance & Stability	
5:15 PM							
5:30 PM		Group HIIT	Spin	Group HIIT	Spin		
6:15 PM							
6:30 PM							