



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		High Intensity Pilates	Boxing	High Intensity Pilates			
6:00 AM							
6:30 AM		High Intensity Pilates	Boxing	High Intensity Pilates			
7:00 AM							
8:30 AM							
10:00 AM							
11:00 AM		Zumba		Zumba Gold		Balance & Stability	
4:30 PM							
5:30 PM							
6:15 PM							
6:30 PM							