

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	BODY PUMP [DEBRA]			BODY PUMP [DEREK]	BODY COMBAT [GABBY]		
8:00 AM	BODY PUMP [MARY R]						
8:15 AM						STEP [EVAN]	PIYO [DEBRA]
8:30 AM		ZUMBA [LISA]	PILATES [MICHELEE]	ZUMBA [LISA]			
9:30 AM	PILATES [CANDY]			BODY CONDITIONING [LAURA]		BODY PUMP [GABBY]	
10:30 AM	30/30 HIIT / CORE [REGGIE]	YOGA [BOB]	FOREVER FIT [REGGIE]	YOGA [BOB]	FOREVER FIT [REGGIE]	LESMILLS CORE [DEBRA/EVAN]	
11:00 AM						ZUMBA [EVAN]	

AM

PM

4:30 PM		HIIT <small>25 MIN</small> [REGGIE]	CIRCUIT <small>45 MIN</small> [REGGIE]				
4:45 PM				BODY COMBAT [GABBY]			
5:00 PM		LES MILLS CORE [GABBY]					
5:15 PM	ZUMBA [EVAN]						
5:30 PM		BODY COMBAT [GABBY]	BODY PUMP [DEBRA]	ZUMBA [DEREK]	BODY PUMP [MONICA]		
6:30 PM	BODY PUMP [EVAN]	ZUMBA [JUSTYNA]	YOGA [JENIFER]				