



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	BODY PUMP [DEREK] 			BODY PUMP [DEREK] 			
8:00 AM	BODY PUMP [MARY R]						
8:15 AM						STEP  [EVAN]	
8:30 AM		ZUMBA [LISA]	PILATES [MICHELEE]	ZUMBA [LISA]			
9:30 AM	PILATES [CANDY]	YOGA [BOB]		BODY CONDITIONING [EVAN]		BODY PUMP [GABBY]	
10:30 AM	30/30 HIIT / CORE [REGGIE]		FOREVER FIT [REGGIE]	YOGA [BOB]	FOREVER FIT [REGGIE]	LESMILLS CORE [EVAN/DEBRA]	
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		LESMILLS CORE [DEBRA]					
5:15 PM	ZUMBA  [EVAN]				BODY PUMP 45M [DEBRA]		
5:30 PM		BODY COMBAT [DEBRA] 	BODY PUMP [DEBRA] 	ZUMBA [DEREK] 			
6:30 PM	BODY PUMP 45M [EVAN]	ZUMBA [JUSTYNA]	YOGA [JEN]				