

GROUP FITNESS SCHEDULE

TIME	MONDAY		TUESDAY	WEDNESDAY	THURSDAY		FRIDAY	TIME	SATURDAY	SUNDAY
6:00AM	LES MILLS BODYPUMP			HIIT	LES MILLS BODYPUMP			8:00AM		HIIT
8:30AM	 SHRED		LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	8:00 AM  YOGA	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	9:00AM		
9:30AM	HIGH FITNESS	 YOGA	9:45 AM - PILATES	 YOGA	LES MILLS BODYSTEP		HIGH FITNESS	10:30AM	LES MILLS BODYPUMP	
11:00AM				 ZUMBA			 ZUMBA	11:00AM		 ZUMBA
12:00PM										
5:30PM	XTREME HIP HOP		 SHRED	 YOGA	LES MILLS BODYPUMP					
6:30PM			 ZUMBA							