

MONTHLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	ROTATING CLASS
5:45 AM	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
8:00 AM						MACE	
8:30 AM	ZUMBA		TRX		XCO		
9:00 AM						3/16 @8:45	HIIT
5:00 PM	HIIT	KICKBOXING	HIIT	KICKBOXING		3/23 @8:45	POUND FIT
5:30 PM	ZUMBA	POUNDFIT	MACE	ZUMBA		3/30 @8:45	HIIT
5:45 PM							
6:00 PM	TRX			XCO			

**DOWNLOAD MINDBODY APP TO
STAY UP TO DATE WITH CLASS CHANGES OR CANCELLATIONS!**



ZUMBA