

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							
8:30 AM	ZUMBA/COMBO		TRX		ZUMBA/COMBO	CROSS TRAINING	
9:00 AM						XCO – 11/10@ 9AM	
5:00 PM	HIIT	KICKBOXING	HIIT	KICKBOXING		XCO – 11/24@ 9AM	
5:30 PM	ZUMBA	ZUMBA/XCO		ZUMBA/XCO			
5:45 PM			POWER YOGA				
6:15 PM				THANKSGIVING BOOTCAMP 9AM			

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



ZUMBA