

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						4/6 @8:45	POUNDFIT
5:00 PM	HIIT	STEP FIRE	HIIT	STEP FIRE		4/13 @8:45	KICKBOXING
5:30 PM	ZUMBA	ZUMBA	MACE	ZUMBA		4/20 @8:45	XCO
5:45 PM						4/27 @8:45	HIIT
6:00 PM	XCO	KICKBOXING		XCO			

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



ZUMBA