MONTHLY SCHEDULE

	MONDAY						
		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	ROTATING CLASS
45 AM	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
00 AM						MACE	
30 AM	ZUMBA		TRX		хсо		
00 AM						4/6 @8:45	POUNDFIT
00 PM	нит	STEP FIRE	HIIT	STEP FIRE		4/13 @8:45	KICKBOXING
30 PM	ZUMBA	ZUMBA	MACE	ZUMBA		4/20 @8:45	хсо
45 PM						4/27 @8:45	HIIT
00 PM	хсо	KICKBOXING		хсо			
2	00 AM 00 AM 00 AM 00 PM 80 PM	DO AM ZUMBA DO AM DO PM HIIT BO PM ZUMBA SO PM	DO AM SO AM ZUMBA DO AM DO PM HIIT STEP FIRE SO PM ZUMBA ZUMBA	DO AM BO AM ZUMBA TRX DO AM DO PM HIIT STEP FIRE HIIT BO PM ZUMBA ZUMBA MACE	DO AM SO AM ZUMBA TRX DO AM DO PM HIIT STEP FIRE HIIT STEP FIRE SO PM ZUMBA ZUMBA MACE ZUMBA SS PM	DO AM BO AM ZUMBA TRX XCO DO AM DO PM HIIT STEP FIRE HIIT STEP FIRE BO PM ZUMBA ZUMBA MACE ZUMBA	MACE MACE

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