

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						2/2 @8:45	KICKBOXING
5:00 PM	HIIT	KICKBOXING	HIIT	KICKBOXING		2/9 @8:45	POUND FIT
5:30 PM	ZUMBA	POUNDFIT	POWER YOGA/MACE	ZUMBA		2/16 @8:45	TRX
5:45 PM						2/23 @8:45	XCO
6:00 PM	TRX			XCO			

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



ZUMBA