Group Exercise Schedule

JULY 3RD-SEPTEMBER 29TH

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30 - 12:00	ZUMBA©	Upper Cut	Sports Conditioning	H.A.B.I.T.	Interval Step
12:00 - 12:15		Hard Core	Hard Core		Hard Core
4:00 - 4:45	BOSU Your Muscles	Cardio Circuit	ZUMBA©	Yogalates (4:00-5:00)	
4:45 - 5:00	Hard Core	Hard Core			
5:00 - 6:00	Pilates Burn	Yoga Soul (5:00-6:30)	Pilates Mat	Cardio Lift	