Group Exercise Schedule

JANUARY 5TH-APRIL 3RD

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30 - 12:00	Creative Resolutions	Uppercut	SYNERGY	HABIT	Core Stabilization
12:00 - 12:15	Hard Core	Hard Core			
12:30-1:15	Lunchtime Yoga			GentleYoga	
4:00 - 4:45	ZUMBA	BOSU Your Muscles	Yoga Soul	Extreme Boot Camp	
4:45 - 5:00	Hard Core	Hard Core		Hard Core	
5:00 - 6:00	Shotokan Karate		Shotokan Karate		