Group Exercise Schedule

APRIL 6TH-JULY 3RD

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30 - 12:00	Cardio Fusion	Uppercut	Cardio Boot Camp	HABIT	
12:00 - 12:15	Hard Core	Hard Core	Hardcore		
12:30-1:15	Lunchtime Yoga			Yogalates	
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		