MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EXPRESS 45	CYCLING	EXPRESS 45	CYCLING BOOT CAMP		FITT CAMP
GEOFF	DAWN	GEOFF	DAWN		GEOFF
5:45-6:30 A.M.	6:00 -7:00 A.M.	5:45-6:30 A.M.	6:00 -7:00 A.M.		8:00-9:00 A.M.
BEGINNERS BURN	FIT OVER 50	BEGINNERS BURN	FIT OVER 50		
SY	SY	SY	SY		
10:00-11:00 A.M.	10:00 -11:00 A.M.	10:00 -11:00 A.M.	10:00 -11:00 A.M.		
STRONG BY ZUMBA			STRONG BY ZUMBA	ZUMBA	ZUMBA/LUZ
LUZ	YOGA	ZUMBA	LUZ	ADREI	11:00-12:00 P.I
6:30 -6:45 P.M.	6:30 -7:30	LUZ/6:30 -7:30 P.M.	6:30 - 7:30 P.M.	6:30 -7:30 P.M.	
		AQUA STRETCH FLEX	AQUA DANCE	AQUA STRETCH FLEX	
•		JIM	SYMERE	JIM	
LOURDES		JIM 9:00 -9:45 A.M.	· -	-	
LOURDES		JIM 9:00 -9:45 A.M. EX-PRESS WEIGHTS	SYMERE	JIM 9:00 -9:45 A.M.	
9:00-10:00 A.M.		JIM 9:00 -9:45 A.M. EX-PRESS WEIGHTS WORKOUT	SYMERE	9:00 -9:45 A.M. AQUA ZUMBA	
LOURDES 9:00-10:00 A.M. EX-PRESS WEIGHTS		JIM 9:00 -9:45 A.M. EX-PRESS WEIGHTS	SYMERE	JIM 9:00 -9:45 A.M. AQUA ZUMBA LOURDES	
LOURDES 9:00-10:00 A.M. EX-PRESS WEIGHTS WORKOUT		9:00 -9:45 A.M. EX-PRESS WEIGHTS WORKOUT SY/5:00-5:45 P.M.	SYMERE	9:00 -9:45 A.M. AQUA ZUMBA	
AQUA ZUMBA LOURDES 9:00-10:00 A.M. EX-PRESS WEIGHTS WORKOUT SY/ 5:00-5:45 P.M.		JIM 9:00 -9:45 A.M. EX-PRESS WEIGHTS WORKOUT SY/5:00-5:45 P.M.	SYMERE	JIM 9:00 -9:45 A.M. AQUA ZUMBA LOURDES	
LOURDES 9:00-10:00 A.M. EX-PRESS WEIGHTS WORKOUT SY/ 5:00-5:45 P.M.		9:00 -9:45 A.M. EX-PRESS WEIGHTS WORKOUT SY/5:00-5:45 P.M. Youth Boxing 6:00-7:15 PM***	SYMERE 9:00-9:45 A.M.	JIM 9:00 -9:45 A.M. AQUA ZUMBA LOURDES	
LOURDES 9:00-10:00 A.M. EX-PRESS WEIGHTS WORKOUT	BOXING OPEN GYM 6:00-8:30 P.M.	JIM 9:00 -9:45 A.M. EX-PRESS WEIGHTS WORKOUT SY/5:00-5:45 P.M.	SYMERE	JIM 9:00 -9:45 A.M. AQUA ZUMBA LOURDES	