



# CLASS SCHEDULE

## GROUP EX STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>BARRE SCULPT (Bianca)</b> 10:00 - 11:00 am  <b>YOGA (Courtney)</b> 11:00 - 12:00 pm  <b>ZUMBA (Ilesha)</b> 6:00 - 6:45 pm  <b>STEP/KICK (Sabah)</b> 7:00 - 8:00 pm	<b>STRENGTH CIRCUIT (Sarah)</b> 9:00 - 9:45 am  <b>YOGA (Jade)</b> 10:00 - 11:00 am  <b>MAX POWER (Sarah)</b> 6:00 - 6:30 pm  <b>ZUMBA (Lou)</b> 7:00 - 8:00 pm	<b>STEP/KICK (Monique)</b> 9:15 - 10:00 am  <b>ZUMBA (Jennifer)</b> 10:00 - 11:00 am  <b>STRENGTH CIRCUIT (Sabah)</b> 6:30 - 7:15 pm  <b>ZUMBA (Sabah)</b> 7:15 - 8:15 pm	<b>STRENGTH CIRCUIT (Sarah)</b> 9:00 - 9:45 am  <b>ZUMBA (Andres)</b> 10:00 - 11:00 am  <b>YOGA (Jade)</b> 11:00 - 12:00 pm  <b>TOTAL BODY SCULPT (Virtie)</b> 6:00 - 7:00 pm  <b>ZUMBA (Andres)</b> 7:00 - 8:00 pm	<b>ZUMBA (Monique)</b> 10:00 - 11:00 am     <b>ZUMBA (Sabah)</b> 7:00 - 8:00 pm	<b>ZUMBA (Ilesha)</b> 10:00 - 11:00 am  <b>STRENGTH CIRCUIT (Ilesha)</b> 11:00 - 11:30 am

## SPIN STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>TEMPO (Monique)</b> 9:00 - 9:45 am					<b>RIDE (Monique)</b> 9:00 - 9:45 am

## HIIT STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>H.I.I.T CAMP (Rus)</b> 6:00 - 7:00 pm	<b>H.I.I.T CAMP (Rus)</b> 6:00 - 7:00 pm	<b>H.I.I.T CAMP (Rus)</b> 6:00 - 7:00 pm	<b>H.I.I.T CAMP (Rus)</b> 6:00 - 7:00 pm	<b>H.I.I.T CAMP (Rus)</b> 6:00 - 7:00 pm	<b>H.I.I.T CAMP</b> 10:00 - 11:00 am

