



CLASS SCHEDULE

GROUP EX STUDIO

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

ZUMBA (Bianca)
10:00 - 11:00 am

YOGA (Courtney)
11:00 - 12:00 pm

ZUMBA (Iesha)
6:00 - 6:45 pm

STEP/KICK (Sabah)
7:00 - 8:00 pm

STRENGTH CIRCUIT (Sarah)
9:00 - 9:45 am

YOGA (Jade)
10:00 - 11:00 am

MAX POWER (Sarah)
6:00 - 6:30 pm

ZUMBA (Lou)
7:00 - 8:00 pm

STEP/KICK (Monique)
9:15 - 10:00 am

ZUMBA (Jennifer)
10:00 - 11:00 am

STRENGTH CIRCUIT (Sabah)
6:30 - 7:15 pm

ZUMBA (Sabah)
7:15 - 8:15 pm

STRENGTH CIRCUIT (Sarah)
9:00 - 9:45 am

ZUMBA (Andres)
10:00 - 11:00 am

YOGA (Jade)
11:00 - 12:00 pm

ZUMBA (Andres)
7:00 - 8:00 pm

ZUMBA (Monique)
10:00 - 11:00 am

ZUMBA (Sabah)
7:00 - 8:00 pm

ZUMBA (Iesha)
10:00 - 11:00 am

STRENGTH CIRCUIT (Iesha)
11:00 - 11:30 am

SPIN STUDIO

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TEMPO (Monique)
9:00 - 9:45 am

RIDE (Monique)
9:00 - 9:45 am

HIIT STUDIO

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

H.I.I.T CAMP (Rus)
6:00 - 7:00 pm

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6:00 - 7:00 pm

H.I.I.T CAMP
10:00 - 11:00 am

