

WORLD GYM ATHLETICS Gorilla Bootcamp



January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:00AM Classic Silver Sneakers- Sue 12:00PM Boxing- Alex 6:00PM Zumba- Keishla	3 9:15AM Body Sculpt 10:00AM Silver Sneakers Yoga- Joann 5:30PM Strong/Spinning- Michelle	4 10:00AM Silver Sneakers- Sue 12:00PM Boxing- Alex 6:00PM Zumba Toning- Keishla	5 9:15AM Body Sculpt 10:00AM Silver Sneakers Yoga- Joann 5:30PM Strong/Spinning- Michelle 6:30PM Yoga- Alyssa	6 10:00AM Silver Sneakers- Sue	7
8	9 10:00AM Classic Silver Sneakers- Sue 12:00PM Boxing- Alex 6:00PM Zumba- Keishla	10 9:15AM Body Sculpt 10:00AM Silver Sneakers Yoga- Joann 5:30PM Strong/Spinning- Michelle	11 10:00AM Silver Sneakers- Sue 12:00PM Boxing- Alex 6:00PM Zumba Toning- Keishla	12 9:15AM Body Sculpt 10:00AM Silver Sneakers Yoga- Joann 5:30PM Strong/Spinning- Michelle 6:30PM Yoga- Alyssa	13 10:00AM Silver Sneakers- Sue	14
15	16 10:00AM Classic Silver Sneakers- Sue 12:00PM Boxing- Alex 6:00PM Zumba- Keishla	17 9:15AM Body Sculpt 10:00AM Silver Sneakers Yoga- Joann 5:30PM Strong/Spinning- Michelle	18 10:00AM Silver Sneakers- Sue 12:00PM Boxing- Alex 6:00PM Zumba Toning- Keishla	19 9:15AM Body Sculpt 10:00AM Silver Sneakers Yoga- Joann 5:30PM Strong/Spinning- Michelle 6:30PM Yoga- Alyssa	20 10:00AM Silver Sneakers- Sue	21
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29	30 10:00AM Classic Silver Sneakers- Sue 12:00PM Boxing- Alex 6:00PM Zumba- Keishla	31 9:15AM Body Sculpt 10:00AM Silver Sneakers Yoga- Joann 5:30PM Strong/Spinning- Michelle				Staffed Hours Monday – Thursday 9AM-8PM Friday- 9AM-3PM Saturday 8AM-2PM