

CLASSES THAT ARE SUBBED ARE SUBJECT TO CHANGE FORMAT <Classes with are 30 min. long>**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No classes	0900: Back To Basics* 0900: Aqua 1030: Zumba* 45 min. 1200: Cycling * 1700: Yoga 1805: Step*	0815: Step* 1200: Yoga 1700: Zumba* 1730:Cycling*	0600: Back To Basics* 0815: Stretch & Tone 0900: Back To Basics* 0900: Aqua 1200: Cycling* 1700: Zumba 1730: Cycling	0815: Step* 1200: Yoga 1530: Step* 1700: Zumba* 1730: Cycling*	0900: Back To Basics* 0900: Aqua 1030: Zumba* 45 min.	0930: Pilates Plus Express- 45 minute class 1030: Zumba*
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