

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	ZUMBA (Cindy)	STRENGTH (LIZ)	STEP (LIZ)	ZUMBA (LIZ)	YOGA (BAILEY)		
9:00 AM	FLOOR, CORE, & MORE (ELLA)	STEP & SCULPT (ELLA)	CARDIO TIME (ELLA)	BOOT CAMP (ELLA)	INTERVAL TRAINING (ELLA)	YOGA  (JESSICA)	
10:15 AM		SILVER WORKZ (ANNE)		SILVER WORKZ (ANNE)			
12:05 PM	SCULPT (ANGIE)	YOGA (LINDA)	YOGA (JESSICA)	YOGA (LINDA)	SCULPT (ANGIE)		
4:00 PM							YOGA (LINDA)
5:30 PM	HIIT (ANGIE)	HIIT (ANGIE)		HIIT (ANGIE)			

*\*5 MEMBERS MUST BE PRESENT TO HOLD AN AEROBICS CLASS*

**5:30pm Orange's Cross Training Class Monday-Thursday**