

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM	FLOOR, CORE, & MORE (ELLA)	STEP & SCULPT (ELLA)	CARDIO TIME (ELLA)	BOOT CAMP (ELLA)	INTERVAL TRAINING (ELLA)	YOGA <i>ALL LEVELS</i> (JESSICA)
10:15 AM		SILVER WORKZ (ANNE)		SILVER WORKZ (ANNE)		
12:05 PM	BUM DAY (ANGIE)	CUT & CARDIO (ANGIE)	YOGA <i>ALL LEVELS</i> (JESSICA)	FIT MIX (ANGIE)	FINISHER (ANGIE)	
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