

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM		HITT	HITT	HITT		
8:00 AM		HITT	HITT	HITT		
9:00 AM	Body Combat	Circuit Breaker	Fusion	Boot Camp	Muscle Up	
10:00 AM	Zumba Silver Sneakers® Stability (10:15)	Yoga	Zumba	Yoga Zumba Toning	Zumba	Body Combat Zumba
11:00 AM			Silver Sneakers® Enrichi	Silver Sneakers® Classic (11:30)		
12:00 PM						
1:00 PM	Silver Sneakers® Splash	Aquatunity	Silver Sneakers® Splash	Silver Sneakers® Splash	Silver Sneakers® Splash	
5:00 PM	HITT (5:30)	Body Combat (5:30)	HITT (5:30)		HITT (5:30)	
6:00 PM				Body Combat		
7:00 PM						
8:00 PM						

