

Weekly Group Fitness Schedule

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 Silver Sneakers ® Classic (10:30)	Zumba	Body Combat
11:00 AM			Silver Sneakers ® Enrichi			
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)	
6:00PM				Body Combat		