

Summer Group Class Schedule

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am	Cardio Sculpt	Pilates Mat	Cardio Circuit	Yoga	Tabata	
10:00 am	Aqua aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	
10:15 am						Spin
11:30 am						Tai chi chih
4:30 pm	Spin	Spin	Tabata	Spin		Zumba
5:30 pm		Yoga	Yoga	Yoga		
6:30 pm	Zumba					