



GROUP CLASS SCHEDULE

MONDAY:
AQUA AEROBICS
CARDIO DANCE
YOGA

TIME:
9:00AM
11:00AM
6:00PM

INSTRUCTOR:
LAURENCE
SALLIE
ARIANNA

TUESDAY:
AQUA AEROBICS
CARDIO DANCE
AQUA AEROBICS

TIME:
9:00AM
11:00AM
5:00PM

INSTRUCTOR:
LAURENCE
SALLIE
LAURENCE

WEDNESDAY:
CARDIO DANCE

TIME:
11:15AM

INSTRUCTOR:
SALLIE

THURSDAY:
AQUA AEROBICS

TIME:
9:00AM

INSTRUCTOR:
LAURENCE

FRIDAY:
CARDIO DANCE

TIME:
11:00AM

INSTRUCTOR:
SALLIE