



GROUP CLASS SCHEDULE

MONDAY:

AQUA AEROBICS
CARDIO DANCE (*ZOOM ONLY*)

TIME:

9:00AM
10:00AM

INSTRUCTOR:

LAURENCE
SALLIE

TUESDAY:

AQUA AEROBICS
CARDIO DANCE (*ZOOM ONLY*)
AQUA AEROBICS

TIME:

9:00AM
10:00AM
5:00PM

INSTRUCTOR:

LAURENCE
SALLIE
LAURENCE

WEDNESDAY:

CARDIO DANCE (*ZOOM ONLY*)

TIME:

10:00AM

INSTRUCTOR:

SALLIE

THURSDAY:

AQUA AEROBICS

TIME:

9:00AM

INSTRUCTOR:

LAURENCE

FRIDAY:

CARDIO DANCE (*ZOOM ONLY*)

TIME:

10:00AM

INSTRUCTOR:

SALLIE