



GROUP FITNESS STUDIO

HEALTH & FITNESS

WEEKLY SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7am							
8am							
9am				9:30 - 10:30 am Cardio kickboxing Lisa P.	9:30 - 10:30 am Strength Training Fran G.		
10am		10:15 - 11:15 AM Zumba Maribel		10:30-11:30 am Cardio Mix Andrea Maribel		10:30 - 11:30 am Strength Training Lisa P	10:00- 11:00 am Zumba Step Gigi K.
11am	11:30-12:30 pm SilverSneakers Norma	11:30 - 12:30 pm Silver Sneakers Diana	11:45 - 12:45 PM Silver Sneakers Norma	11:30 - 12:30 PM Silversneakers Carol C.	11:30 - 12:30 am Silversneakers Norma	11:30 - 12:30 Pilates Norma	11:15- 12:15 Mashup Andrea G. (starting 10/3/21)
12pm		12:30-1:30pm Pilates Diana	12:45- 1:45 PM Pilates	12:30-1:30 PM Yoga Carol C.	12:30 - 1:30 PM Yin Yoga Norma	12:30 - 1:30 PM Hatha Yoga Norma	
1pm						1:30 - 2:00 PM Meditation Norma	
2pm							
3pm							
4pm	4:00 -5:00 pm Pilates Norma						
5pm		5:30 - 6:30 PM Kickboxing Lisa P.	5:15 - 6:15 pm Strength Training Lisa P.	5:30 - 6:30 pm Boot Camp Lisa P.			
	5:00-6:00 pm Yoga Norma						
6pm	6:30-7:30 pm Zumba Janina		6:15- 7:15 pm Urban Choreography Isa (starting 9/29/21)	6:00-6:30 pm KIDS FITNESS CLASS ages (4-7) 6:30-7:00 pm ages (8-12)	*5:15-6:15 PM Yoga Yogacurlycarol Yoga Room		
7pm	7:45 - 8:45 pm STRONG Nation Vanessa P.	6:45 - 7:45 pm Zumba Susan O.	7:30 - 8:30 STRONG Nation Vanessa P.	6:45 - 7:45 pm Zumba Susan O.			
8pm							

* This Class is only offered the first Friday of every month