

# EXERCISE STUDIO 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am							
8:00am				PILATES Gary	BOOTCAMP GOLD Shelly		
9:00am		ZUMBA Shelly	STEP Shelly	*NEW TIME* BODY BLITZ Julie	PILATES Shelly		CARDIO DANCE Heidi
10:00am		BODY BLITZ Julie		*NEW TIME* FUNCTIONAL HIIT Cait	CARDIO DANCE GOLD Karen	BODY BLITZ Shelly	Y BOX Missy
11:00am							
4:30pm							
5:15pm		MUSCLE PUMP Shelly M.					
5:30pm			CIRCUIT Missy	FIERCE Allie	30-20-10 Missy		
6:15pm		FIERCE Allie					
6:30pm				*NEW* MUSCLE PUMP Brynn			
6:45pm							

Instructor subject to change



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