

NEW CLASS SCHEDULE in effect 02/23/2021

FITNESS1440

Schedule subject to change

TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
MONDAY			THURSDAY		
5:00 PM	Boot Camp	Maya	10:30 AM	ZUMBA	JEFF
6:00 PM	Boot Camp	Maya	5:00 PM	H.I.I.T.	Maya
6:00 PM	Kettle Bell	Rashonda	6:00 PM	H.I.I.T.	Maya
7:00 PM	XTREME STEP	Porsha	6:00 PM	Kettle Bell	Rashonda
8:00 PM	Dance2Fit	Porsha	7:00 PM	Body Sculpt and tone	Rashonna
TUESDAY			FRIDAY		
5:00 PM	POWER CARDIO	Maya	5:00 PM	TABATA	Maya
5:30 PM	Yoga	Kim	6:00 PM	TABATA	Maya
6:00 PM	POWER CARDIO	Maya	SATURDAY		
6:30 PM	WERQ	Rashonda	9:00 AM	All Star Boot Camp	Rashonna
7:30 PM	Total Body Workout	Rashonna	10:00 AM	Kettle Bell	Rashonda
WEDNESDAY			11:00 AM	WERQ	Rashonda
5:00 PM	Total Body	Maya	1:00-4:00	KIDS SWIM	(OPEN)
6:00 PM	Total Body	Maya	SUNDAY		
7:00 PM	Glutes & ABS	Rashonna	3:00 PM	MEDITATION	Nathan
7:00 PM	Xtreme Step	Porsha	1:00-4:00	KIDS SWIM	(OPEN)
8:00 PM	Dance2Fit	Porsha	Kid's Club		
Kid's Club			DAYS	TIMES	
MONDAY-FRIDAY	9 AM - 12 PM		MONDAY-FRIDAY	4 PM - 8 PM	
SATURDAY	9 AM - 1 PM		SATURDAY	9 AM - 1 PM	