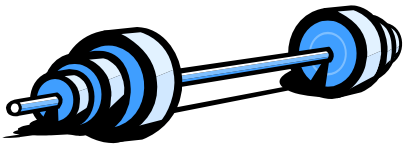
Group Exercise Class Schedule

LUNCHTIME

1145 - 1245

Monday /Wednesday - Spinning



Tuesday /Thursday -

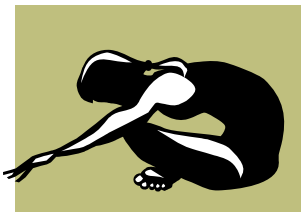
Barbell Weight Lifting/Sculpting

EVENINGS

Monday – ZUMBA 1900-2000

Tuesday – Spinning 1900-2000

Wednesday – Weight training/Body Sculpt

1900-2000

Thursday –Pilates/Yoga Fusion 1900-2000