

Sunday

Spin 8:30- 9:30 AM

Monday

Booty, Core & More 6- 7 PM

Tuesday

Boot Camp Blast 5:30- 6:30 pm

Zumba 6:30- 7:30 pm

Wednesday

Spin 8:30- 10 AM

Kick Boxing 6-7 PM

Zumba 7- 8 pm

Thursday

Cardio Blast 5:30- 6:30 PM

Zumba 6:30- 7:30 PM

Saturday

Spin 8:30- 9:15 AM

