

SUN	MON	TUE	WED	THU	FRI	SAT
	YO[U]R YOGA 7:50am - 8:50am		YO[U]R YOGA 7:50am - 8:50am		YO[U]R YOGA 7:50am - 8:50am	
	ZUMBA 10:00am - 10:50am		ZUMBA 9:00am - 9:50am		ZUMBA 9:30am - 10:20am	
ZUMBA 3:00pm - 4:00pm	FLEX with LEX 12:00pm-12:30pm	Hub Kettlebells 12:00pm-12:30pm	FLEX with LEX 12:00pm-12:30pm	Hub Kettlebells 12:00pm-12:30pm	FLEX with LEX 12:00pm-12:30pm	
	CAN'T RESIST 5:00pm-5:30pm CRUNCH 5:30pm-6:00pm		CAN'T RESIST 5:00pm-5:30pm CRUNCH 5:30pm-6:00pm			
	ZUMBA 6:00pm-7:00pm	BAR BELLES CLUB (LADIES ONLY) 6:00pm - 7:00pm	ZUMBA 6:00pm - 7:00pm	BAR BELLES CLUB (LADIES ONLY) 6:00pm - 7:00pm		

*Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.