



Fall winter 2011 Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Sunrise Boot Camp	Sunrise Boot Camp	Sunrise Boot Camp	Sunrise Boot Camp		
8:30 AM						Total Body
9:30 AM						ZUMBA
10:30 AM						Spinning With Jon
5:00 PM		TKD		TKD	Total Body Boot Camp	
5:30 PM	Butts & Guts		Total Body Boot Camp			
6:00 PM		Zumba		Kick Boxing	TKD	
6:30 PM	TKD		Spinning With Jon			
7:00 PM				ZUMBA		