Weekly Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM		HITT	HITT	HITT		
8:00 AM		HITT	HITT	HITT		
9:00 AM	Fusion Training	Circuit Breaker	Fusion Training	Boot Camp	Muscle Up	
10:00 AM	Zumba Silver Sneakers ® Stability – 10:15	Yoga	Zumba	Yoga Zumba Toning	Zumba	Cardio KO Zumba
11:00 AM			Silver Sneakers ® EnerChi	Silver Sneakers ® Classic (11:30)		
12:00 PM			Zumba Gold			
1:00 PM	Silver Sneakers ® Splash	**Aquatunity**	Boom Mind Silver Sneakers ® Splash	Silver Sneakers ® Splash	Silver Sneakers ® Splash	
5:00 PM		Cardio KO (5:30)				
6:00 PM				Cardio KO		
7:00 PM						