

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Group Fitness 6:00 – 6:45am		Group Fitness 6:00 – 6:45am	
	Cardio Boxing 6:45 – 7:30am		Cardio Boxing 6:45 – 7:30am	
FLEXfit 10:00 – 10:30am	Group Fitness 10:00 – 10:30am	Cardio Boxing 10:00 – 10:30am	Group Fitness 10:00 – 10:30am	Group Fitness 10:00 – 10:30am
	Cardio Boxing 12:30 – 1:00pm		Cardio Boxing 12:30 – 1:00pm	
Cardio Boxing 5:15 – 6:00pm	Group Fitness 5:15 – 6:00pm	Cardio Boxing 5:15 – 6:00pm	Group Fitness 5:15 – 6:00pm	<i>No afternoon classes</i>
SATURDAY				
	Group Fitness 8:00 – 8:30am	Cardio Boxing 8:30 – 9:15am	FLEXfit 9:20 – 10:05am	