



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15a Yoga 🌸		5:15-6:15a Yoga 🌸		5:15-6:15a Yoga 🌸	
8:45-9:30a Step and Groove	8:45-9:45a 🌸 Power Yoga	8:45-9:30a Step and Groove	8:45-9:45a 🌸 Power Yoga	8:45-9:45a Power Yoga	
	9:50-10:50a 🌸 ZUMBA			10:00-11:00a Step & Core	9:00-10:00a 🌸 ZUMBA
					10:00-11:00a QIGONG
6:30-7:30p QIGONG					
	6:30-7:30p <u>Yoga</u> 🌸		6:30-7:30 Yoga 🌸		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-6:15a Spin		5:15-6:15a Spin		
	6:00-7:00p Spin				KB6102025