

Spring 2018 February 5th - June 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Complete Body Toning 	6:00pm-7:00pm Luis - Studio 205	6:00pm-7:00pm Sarah - Studio 205	6:00pm-7:00pm Emily - Studio 205	6:00pm-7:00pm Luis - Studio 205	6:00pm-7:00pm Luis - Fitness Center	9:00am-10:00am Emily/Daliah/Luis - Studio 206
Zumba 	6:30pm-7:30pm Emily/Daliah - Studio 206		7:00pm-8:00pm Emily/Daliah - Studio 206	6:45pm-7:45pm Emily/Daliah - Studio 206		
Stretch Breath Relax 	8:00am-9:00am Lucero - Studio 206	9:15am-10:15am Lucero - Studio 206	6:00pm-7:00pm Helio - Studio 206		8:00am-9:00am Lucero - Studio 206	
Senior Fitness 	9:00am-10:00am Lucero - Studio 206		9:00am-10:00am Lucero - Studio 206		9:00am-10:00am Lucero - Studio 206	
Gym Activities 				Badminton 7:00pm-9:30pm Gymnasium		
P90x 	7:00pm-8:00pm Luis - Studio 208					