Group Fitness Class Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
BOOTCAMP 6:00 to 6:50 am	**BOOT CAMP** 6:00 to 6:50 am	**BOOTCAMP** 6:00 to 6:50 am	**BOOT CAMP** 6:00 to 6:50 am	**BOOTCAMP** 6:00 to 6:50 am		
BOOT CAMP 7.00 to 7:50 am	**OPERATION FIT** 7.00 to 7:50 am	**BOOT CAMP** 7:00 to 7:50 am	**OPERATION FIT** 7.00 to 7:50 am	**BOOT CAMP** 7:00 to 7:50 am	**SPIN** 7:00 to 7:50 am	
YOGA 8:00 to 8:55 am	**CORE CIRCUIT** 8:00 to 8:55 am	**YOGA** 8:00 to 8:55 am	**CORE CIRCUIT** 8:00 to 8:55 am	**YOGA** 8:00 to 8:55 am	**YOGA** 8:00 to 8:55 am	
TOTAL BODY CONDITIONING 9:00 to 9:55 am	**ZUMBA** 9:00 to 9:55 am	**TOTAL BODY CONDITIONING** 9:00 to 9:55 am	**ZUMBA** 9:00 to 9:55 am	**TOTAL BODY CONDITIONING** 9:00 to 9:55 am	**BOOT CAMP** (all ESAC members) 9:00 to 9:55 am	**SPIN** 8:30 to 9:30 am
MAT PILATES 5:00 to 5:50 pm		**MAT PILATES** 5:00 to 5:50 pm				
KICK BOXING 6:00 to 6:50 pm	**TRX** 6:00 to 6:50 pm	**KICK BOXING** 6:00 to 6:50 pm	**TRX** 6:00 to 6:50 pm			
SPIN 7:00 to 7:50 pm	**YOGA** 7:00 to 7:55 pm	**SPIN** 7:00 to 7:50 pm	**YOGA** 7:00 to 7:55 pm			