

August 2016

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*Complete Core 8:30am–9:00am Donna (DS)		Classes with an * are included within the Group and Ultimate memberships DS -Dance Studio OUT -Outside (Weather Permitting)			Pilates 7:50am–8:50am Susan (DS)
*Turbo Kick 9:05am–10:00am Kim (DS)	*Body Sculpt 9:05am–10:00am Lana (DS)	*Cardio Kickboxing 9:05am–10:00am Carrie (DS)	*Power Pump 9:05am–10:00am Lana (DS)	*Fit. Mashup 9:00am–9:55am Kim (DS)	
		*Quick Core 10:00am–10:30am Carrie (DS)	SWAT 10:15am–11:10am Carrie (DS-OUT)		
Lite N Lively (55+) 10:30am–11:30am Kim (DS)		Lite N Lively (55+) 10:30am–11:30am Carrie (DS)		Lite N Lively (55+) 10:30am–11:30pm Kim (DS)	
	Yoga Flow 7:00pm–8:00pm Susan (DS)		Zumba 7:30pm–8:30pm Kim (DS)		