

## Group Exercise Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	KICKBOXING (30 minutes)		SPORTS DRILLS (30 minutes)				
7:00			BASIC YOGA (50 minutes)	STEP INTERVAL (50 minutes)			HIP HOP FUNK (50 minutes)
8:00	ABS (15 minutes)		ABS (15 minutes)				
12:00	STRICTLY (30 minutes)	JUST BUTTS (20 minutes)	SENIOR BASIC (50 minutes)	KICKBOXING (30 minutes)	SHAKE + FLOW (50 minutes)		
1:00		CARDIO KICK (30 minutes)	INTERMEDIATE (50 minutes)		ADVANCED YOGA (50 minutes)		
2:00					MUSCLE MIX (40 minutes)		
3:00	BASIC ARMS (20 minutes)						LNG UPPERS (50 minutes)
4:00						ADVANCED KICK (50 minutes)	SPORTS DRILLS (30 minutes)
5:00						STRICKLY (30 minutes)	STEP INTERVAL (50 minutes)
7:00					TURBO KICK (30 minutes)		
8:00					STEP MADNESS (50 minutes)		
9:00			ADVANCED HI-LO (50 minutes)				
10:00							