AEROBICS ROOM SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
530					
600					
630					
700					
730					
800					
830					
900					
930					
1000					
1030	LOW IMPACT				
1100	BALLISTIC	STRETCH/TONE YOGA	BODY SCULPING		INTERVAL TRAINING
1130	1100-1200	1100-1200	1100-1200	ZUMBA	1100-1200
1200	SPIN	CARDIO/PUMP/ABS	CARDIO KICKBOXING	1145-1230	SPIN
1230	1200-1300	1200-1300	1200-1300		1200-1300
1300					
1330					
1400					
1430					
1500					
1530					
1600					
1630	MILITARY WORKOUT				
1700	1645-1745	SPIN	ZUMBA		
1730		1700-1800	1700-1800		
1800					
1830					
1900					