

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00am	Ball & body Blast <i>Alesya*</i>					
9:00-10:00am	Zumba <i>Alesya</i>	Core & Posture Fit <i>TBA**</i>	Zumba <i>Alesya</i>	Core <i>Kate</i>	Salsa Fit <i>Janet</i>	Circuit Training <i>(In weight room)</i> <i>Mike</i>
10:15-11:15am	Dance & Stretch <i>Gayl</i>	10:15-11:30am Refit <i>Maggi</i>	Stretch & Flex <i>Alesya</i>	10:15-11:30am Refit <i>Maggi</i>		
11:45-12:45pm				Dance & Stretch <i>Gayl</i>		

*Alesya;s class begins January 16.

**Class is cancelled until further notice.