
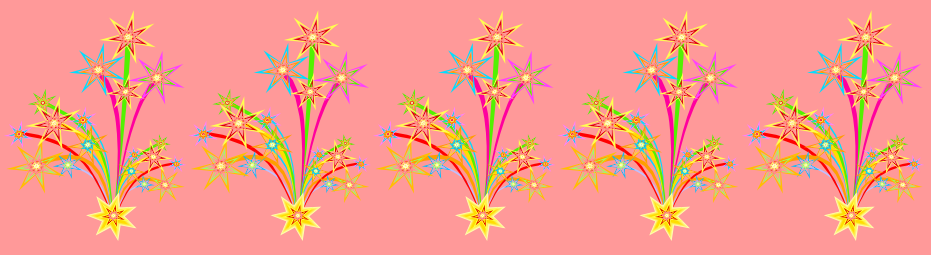




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	W2 Lift – Dani 6:00 – 7:00		W2 H.I.T. –Tina 6:00 – 7:00		NON-BUSINESS HOURS
Burn – Jenny 8:00 – 9:00	Pilates – Shinobu 8:00 – 9:00	Zumba – Shinobu 8:00 – 9:00	W2 Step – Tina 8:00 – 9:00	Total Strength – Angelica 8:00 – 9:00	
Pilate Fusion – Tina 9:00 – 10:00	Step & Pump – Shinobu 9:00 – 10:00	Abs & Stretch – Shinobu 9:00 – 10:00	Yoga Stretch – Tina 9:00 – 9:30	Yoga – Jen 9:00 – 10:00	Yoga – Francesca 9:15 -10:45
Aqua Aerobics – Tina 10:00 – 11:00 (aqua shoes needed)	Abs – Shinobu 10:00 – 10:30	Yoga – Jen 10:00 – 11:00	Aqua Aerobics – Chelsea 10:00 – 11:00	Aqua Aerobics – Chelsea 10:00 – 11:00	Core on the Ball - Anna 11:00 – 12:00
	Aqua Aerobics – Chelsea 10:00 – 11:00	Aqua Aerobics – Tina 10:00 – 11:00			Aqua Aerobics – Jenny 1:00-2:00
Yoga – Francesca Yoga 4:00 – 5:00	Zumba – Ko 4:15 – 5:15	Latin Dance – Noe 4:00 – 5:00	Step & Pump – Shinobu 4:00 – 5:00		
Kickboxing – Ko 5:00 – 6:00	Burn – Jenny 5:15 – 6:15	Hi Low Aerobics- Art 5:00-6:30	Body Bar Sculpt - Anna 5:00 – 5:30	Kick & Sculpt – Anna 5:00 – 6:00	
High Energy – Anna 6:00 – 7:00	Aqua Aerobics – Chelsea 6:00 – 7:00	Yoga – Jen 6:30 – 7:30	W2 S.W.E.A.T. - Anna 5:40 – 6:40	Hi Low Aerobics- Art 6:00-7:30	
Aqua Aerobics- Jenny 6:00-7:00			Aqua Aerobics – Chelsea 6:00 – 7:00		Hours of Operation: Mon-Fri: 5am-10pm Sat: 9am-5pm Closed Sundays

- Anna is now instructing a Kick and Sculpt class on Fridays.
- Dani will now be teaching the early morning W2 Lift class.
- Tina’s W2 H.I.T. class has been moved to Thursday mornings.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31