

# Legends

## Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30AM		CIRCUIT CONDITIONING ADRIEN	CIRCUIT CONDITIONING ADRIEN	CIRCUIT CONDITIONING ADRIEN		
9:30AM	BOSU LONDA	CYCLE FIT LONDA	BALLET/ TAP AGES 2-4 LONDA	CYCLE FIT LONDA	CARDIO KICKBOXING BEGINNER HOLLY	
10:30AM	ZUMBA DORIS	BODY SCULPT LONDA	ZUMBA DORIS	BALLET/TAP AGES 2-4 LONDA	ZUMBA DORIS	ZUMBA DORIS
11:30AM	PI/YO ANDREA	POWER HOUR LONDA	STRETCH & SCULPT LONDA	TOTAL BODY TRAINING LONDA	CARDIO KICKBOXING ELMER	
1:00PM		BALLET/ TAP AGES 3-5 LONDA	KIDS HIP HOP LONDA			
5:30PM	KICKBOXING HOLLY	CIRCUIT CONDITIONING HOLLY	CARDIO KICKBOXING ELMER	CIRCUIT CONDITIONING HOLLY	BELLY DANCE AZZA	
6:30PM	CYCLE FIT LORIANN	ABS (30MIN) HOLLY	CYCLE FIT LORIANN	ZUMBA DORIS		
7:00PM		ZUMBA DORIS				
7:30PM	CORE & STRENGTH LORIANN		PILATES LORIANN	BOSU LORIANN		