

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
6am		Body Pump		Body Pump	Body Combat	8:30am >	Body Pump	
9:30am	Body Pump		Body Pump			9:30am >	Body Combat	Body Balance
12:10pm (45min)	Body Combat	Body Pump	Body Combat	Body Pump	Body Balance			
5:30pm	Body Pump		Body Pump		Zumba			
6:30pm	Body Balance							