



November 2021

Fitness Studio Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		6:15 AM BODY PUMP™		6:15 AM BODY PUMP™		
	9:00 AM AEROBICS	9:00 AM AEROBICS	9:00 AM AEROBICS	9:00 AM AEROBICS		9:00 AM Aqua Zumba®
	10:00 AM YOGA	10:00 AM YOGA	10:00 AM YOGA	10:00 AM YOGA		9:15 AM BODY PUMP™
	5:45 PM BODY PUMP™			5:30 PM POUND®		
	6:45 PM BODY COMBAT™	6:30 PM ZUMBA®		6:30 PM ZUMBA®		
7	8	9	10	11	12	13
	9:00 AM AEROBICS	9:00 AM AEROBICS	9:00 AM AEROBICS	9:00 AM AEROBICS		
	10:00 AM YOGA	10:00 AM YOGA	10:00 AM YOGA	10:00 AM YOGA		9:15 AM BODY PUMP™
	4:45 PM ZUMBA®					
5:30 PM POUND®	5:45 PM BODY PUMP™	5:30 PM POUND®		5:30 PM POUND®		
	6:45 PM BODY COMBAT™	6:30 PM ZUMBA®		6:30 PM ZUMBA®		
14	15	16	17	18	19	20
	9:00 AM AEROBICS	9:00 AM AEROBICS	9:00 AM AEROBICS	9:00 AM AEROBICS		9:00 AM Aqua Zumba®
	10:00 AM YOGA	10:00 AM YOGA	10:00 AM YOGA	10:00 AM YOGA		9:15 AM BODY PUMP™
	4:45 PM ZUMBA®					
5:30 PM POUND®	5:45 PM BODY PUMP™			5:30 PM POUND®		
	6:45 PM BODY COMBAT™	6:30 PM ZUMBA®		6:30 PM ZUMBA®		
21	22	23	24	25	26	27
	9:00 AM AEROBICS	9:00 AM AEROBICS	9:00 AM AEROBICS	9:00 AM AEROBICS		9:00 AM Aqua Zumba®
	10:00 AM YOGA	10:00 AM YOGA	10:00 AM YOGA	10:00 AM YOGA		9:15 AM BODY PUMP™
	4:45 PM ZUMBA®					
5:30 PM POUND®	5:45 PM BODY PUMP™	5:30 PM POUND®				
	6:45 PM BODY COMBAT™	6:30 PM ZUMBA®				
28	29	30				
	9:00 AM AEROBICS	9:00 AM AEROBICS				
	10:00 AM YOGA	10:00 AM YOGA				
	4:45 PM ZUMBA®					
5:30 PM POUND®	5:45 PM BODY PUMP™	5:30 PM POUND®				
	6:45 PM BODY COMBAT™	6:30 PM ZUMBA®				



December 2021

Fitness Studio Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2		3
			9:00 AM AEROBICS	9:00 AM AEROBICS		9:00 AM Aqua Zumba®
			10:00 AM YOGA	10:00 AM YOGA		9:15 AM BODY PUMP™
				5:30 PM POUND®		
				6:30 PM ZUMBA®		
5	6	7	8	9	10	11
	9:00 AM AEROBICS	9:00 AM AEROBICS	9:00 AM AEROBICS	9:00 AM AEROBICS		9:00 AM Aqua Zumba®
	10:00 AM YOGA	10:00 AM YOGA	10:00 AM YOGA	10:00 AM YOGA		9:15 AM BODY PUMP™
	4:45 PM ZUMBA®					
5:30 PM POUND®	5:45 PM BODY PUMP™	5:30 PM POUND®		5:30 PM POUND®		
	6:45 PM BODY COMBAT™	6:30 PM ZUMBA®		6:30 PM ZUMBA®		
12	13	14	15	16	17	18
	9:00 AM AEROBICS	9:00 AM AEROBICS	9:00 AM AEROBICS	9:00 AM AEROBICS		9:00 AM Aqua Zumba®
	10:00 AM YOGA	10:00 AM YOGA	10:00 AM YOGA	10:00 AM YOGA		9:15 AM BODY PUMP™
	4:45 PM ZUMBA®					
5:30 PM POUND®	5:45 PM BODY PUMP™					
	6:45 PM BODY COMBAT™	6:30 PM ZUMBA®		6:30 PM ZUMBA®		
19	20	21	22	23	24	25
	9:00 AM AEROBICS	9:00 AM AEROBICS	9:00 AM AEROBICS	9:00 AM AEROBICS		
	10:00 AM YOGA	10:00 AM YOGA	10:00 AM YOGA	10:00 AM YOGA		
	4:45 PM ZUMBA®					
	5:45 PM BODY PUMP™	5:30 PM POUND®		5:30 PM POUND®		
	6:45 PM BODY COMBAT™	6:30 PM ZUMBA®		6:30 PM ZUMBA®		
26	27	28	29	30	31	
	9:00 AM AEROBICS	9:00 AM AEROBICS	9:00 AM AEROBICS	9:00 AM AEROBICS		
	10:00 AM YOGA	10:00 AM YOGA	10:00 AM YOGA	10:00 AM YOGA		
	4:45 PM ZUMBA®					
5:30 PM POUND®	5:45 PM BODY PUMP™	5:30 PM POUND®		5:30 PM POUND®		
	6:45 PM BODY COMBAT™	6:30 PM ZUMBA®		6:30 PM ZUMBA®		