

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6:00-7:00</b>	<b>Core-Fit</b>		<b>Core-Fit</b>		<b>Core-Fit</b>
<b>8:00-9:00</b>		<b>Flow Fitness</b>		<b>Flow Fitness</b>	
<b>9:00-10:00</b>		<b>Body Blast</b>		<b>Body Blast</b>	
<b>10:30-11:30</b>		<b>Silver Sneakers</b>		<b>Silver Sneakers</b>	
<b>11:15-12:30</b>					
<b>4:15-5:30</b>	<b>Athletes</b>	<b>Transition</b>		<b>Transition</b>	<b>Athletes</b>
<b>5:30-7:00</b>		<b>Core-Fit</b>	<b>T.D.C BootCamp</b>	<b>Core-Fit</b>	
<b>6:30-8:00</b>	<b>U.F.C (Girls)</b>		<b>U.F.C (Boys)</b>		