

Class Schedule	Monday	Tuesday	Wednesday	Thursday	Friday
6:00-7:00	Core-Fit		Core-Fit		Core-Fit
10:30-11:30		Silver Sneakers		Silver Sneakers	
11:30-12:00					
12:00-1:00		Silver Sneakers		Silver Sneakers	
5:00-6:00			Core-Fit		
6:30-8:30	U.F.C (Girls)		U.F.C. (Boys)		