

SPORTPLEX

FITNESS CLASS SCHEDULE: DAYS, TIMES & INSTRUCTORS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>MORNING CLASSES</u>							
5:30	VARIETY TRAINING	CARDIO MIX	POWER PACING	MUSCLE MAX	POWER PACING		
8:15	MUSCLE MAX ----- BODYWALK	TURBO KICK	BENCH CIRCUIT ----- POWER PACING	ZUMBA	CARDIO MIX ----- BODYWALK	POWER PACING	
8:45						TURBO KICK	
9:15	ABDOMINALS		ABDOMINALS		ABDOMINALS		
9:35	CARDIO / STEP	LOW IMPACT	MIND BODY	TURBO KICK	MUSCLE MAX		
9:50		POWER PACING				MIND BODY	
10:00	WATER AEROBICS		WATER AEROBICS	WATER AEROBICS	WATER AEROBICS		
12:10	VARIETY TRAINING		VARIETY TRAINING		VARIETY TRAINING		
<u>EVENING CLASSES</u>							
3:30							POWER PACING ----- MUSCLE MAX
4:25	ZUMBA	CARDIO MIX	MUSCLE MAX	KICK BOX / TURBO	CARDIO / STEP		
5:30	TURBO KICK ----- POWER PACING	HIP HOP ----- POWER PACING	TURBO KICK	ZUMBA ----- POWER PACING	MIND / BODY		
6:35		MIND / BODY					

AB= ABDOMINALS B= BENCH CIRCUIT BW= BODYWALK CS= CARDIO STEP CM= CARDIO MIX HH= HIP HOP KB= KICK BOX LI= LOW IMPACT
 MB= MIND/BODY PP= POWER PACING S= STEP TK= TURBO KICK VT= VARIETY TRAINING W= WATER AEROBICS Z= ZUMBA