

Fit Ex Class Schedule

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00AM							
7:30AM							
9:00AM	SPIN Jenna	SPIN Jenna	SPIN Jenna	SPIN Jenna	SPIN Jenna	HATHA YOGA Sabrina	
9:30AM							
10:00AM	YOGA Damaris		YOGA Damaris		YOGA Damaris	SPIN Jenna	
5:00PM							
5:30PM	ZUMBA Astrid			ZUMBA Astrid			
6:30PM	SPIN Jenna	SPIN Jenna ----- HATHA YOGA Sabrina	SPIN Jenna	SPIN Jenna ----- HATHA YOGA Sabrina			
7:30PM	YOGA Damaris		YOGA Damaris		YOGA Damaris		