

Lady Fitness Aerobic Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am						Extreme Step
8:30am	Basic Step	Pump n' Sweat	TBC	20/20/20	Cardio Core Circuit	
9:00am	Butts n' Guts					ZUMBA
5:30pm	Pump n' Sweat	Power Hour advanced step, weights & abs	Extreme Sculpting	20/20/20		
6:30pm	ZUMBA		ZUMBA			