

Lady Fitness Aerobic Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am						Extreme Step
8:30am	Express Step	Pump n' Sweat	Aerobic Kickboxing	TBC (Total Body Circuit)	Cardio Core Circuit	
8:45am						15 minutes Core Blaster
9:00am	Butts n' Guts					
9:15am			Pilates Express			ZUMBA
9:30am	ZUMBA					
5:30pm	Pump n' Sweat	Power Hour advanced step, weights & abs	Extreme Sculpting	Basic Step		
6:00pm				Pilates Express		
6:30pm			ZUMBA			