



Weekly Planner



MONDAY
 9:15am Move
 1 hr
 12:00pm Bootcamp
 35 min
 5:30pm Body Soul Flow Yoga
 1 hr

TUESDAY
 9:15am Totally toned
 1 hr
 6:00pm Zumba
 1 hr

WEDNESDAY
 9:15am Move 1 hr
 12:00pm Bootcamp 35min
 5:30pm Body Soul Flow Yoga 45min
 6:30pm Groove 1 hr

THURSDAY
 9:15am Zumba
 1 hr
 6:00pm Zumba Toning/Bosu
 1 hr

FRIDAY
 9:15am Strong
 1 hr
 12:00pm Bootcamp
 35min

SATURDAY
 9:00am Detox Yoga
 1 hr

SUNDAY
 2:00pm Cardio Tone
 1 hr

GIRLFRIENDS
 FIT CLUB

