









SHIRLEE'S FITNESS CLUB 2017

	SUN	MON	TUE	WED	THU	FRI	SAT
5:30 AM			ULTIMATE CYCLE ANNETTE			ULTIMATE CYCLE SUSAN	
7:30 AM		AQUA LINDA B.		AQUA LINDA B.			
8 AM				STEPS TRACY	MUSCLE PUMP TRACY	XBARRE BODY SCULPT TORI	ULTIMATE CYCLE SUSAN
9 AM	ULTIMATE CYCLE SUSAN	 ZUMBA TRACY ULTIMATE CYCLE ANNETTE	 ZUMBA BRE ULTIMATE CYCLE ANNETTE	 ZUMBA LISA PUMP N PEDAL ANNETTE	ULTIMATE CYCLE ANNETTE	 ZUMBA BRE	MUSCLE PUMP MEL AQUA SUSAN
9:30 AM			AQUA LINDA B.		AQUA LINDA B.		
10 AM	CORE & FLOOR SUSAN	MUSCLE PUMP ANNETTE	MUSCLE PUMP JOJO	MIXED YOGA RITA	 ZUMBA CINDY	MUSCLE PUMP RITA	 ZUMBA LISA
11 AM		MIXED YOGA LINDA H.	FIT & FABULOUS TORI		RESTORATIVE YOGA JOJO	MIXED YOGA LISA	MIXED YOGA PAULETTE
12 PM				GENTLE AQUA JERRY		GENTLE AQUA JERRY	
4:30 PM		AQUA JERRY	PILATES/ YOGA MIX JOJO	AQUA JERRY	PILATES/ YOGA MIX JOJO		
5:30 PM		QUICKIES ANNETTE	 ZUMBA TONING TRACY	MUSCLE PUMP TRACY	QUICKIES ANNETTE		
6 PM			AQUA JERRY	SHIRLEES BOOTY CAMP (30 MIN) TRACY	 ZUMBA TRACY AQUA JERRY		
6:30 PM		 ZUMBA MARTHA	ULTIMATE CYCLE SUSAN		ULTIMATE CYCLE SAM		
7:30 PM		PILATES/ YOGA MIX PAULETTE					
CLUB HOURS		MON-THU FRIDAY SAT-SUN	5AM-10PM 5AM-9PM 8AM-6PM	CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE/AND OR CANCELLATION WITHOUT NOTICE. HOLIDAY HOURS ARE SUBJECT TO CHANGE.			

*PLEASE BRING A YOGA MAT OR LARGE TOWEL FOR ANY CLASS WITH FLOOR EXERCISES. PLEASE ARRIVE TO CLASS ON TIME AND NO CELL PHONE USAGE OR TALKING DURING CLASS SESSION.