













SHIRLEE'S FITNESS CLUB 2018

	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	
2 PM	AQUA JERRY 						
4:30 PM		AQUA JERRY	PILATES/ YOGA MIX JOJO		PILATES/ YOGA MIX JOJO		
5:30 PM		QUICKIES ANNETTE	 ZUMBA TONING TRACY	MUSCLE PUMP TRACY	QUICKIES ANNETTE		
6 PM		ULTIMATE CYCLE SUSAN 	AQUA JERRY	ULTIMATE CYCLE SAM 	 ZUMBA TRACY AQUA JERRY		
6:30 PM		 ZUMBA MARTHA		SHIRLEES BOOTY CAMP (30 MIN) TRACY			
7:30 PM		PILATES/ YOGA MIX PAULETTE					
CLUB HOURS	MON-THU 5AM-10PM FRIDAY 5AM-9PM SAT-SUN 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.