










SHIRLEE'S FITNESS CLUB 2018

	SUN	MON	TUE	WED	THU	FRI	SAT	
5:30 AM			MUSCLE PUMP ANNETTE			ULTIMATE CYCLE SUSAN		
7:30 AM		AQUA LINDA B.	AQUA LINDA B.	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.	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 AQUA JERRY			
5:30 PM		QUICKIES ANNETTE	 ZUMBA TONING TRACY	MUSCLE PUMP TRACY	QUICKIES ANNETTE			
6 PM		ULTIMATE CYCLE SUSAN	AQUA JERRY		 ZUMBA TRACY			
6:30 PM		 ZUMBA MARTHA		SHIRLEES BOOTY CAMP (30 MIN) TRACY	ULTIMATE CYCLE SAM			
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.