

SHIRLEES FITNESS CLUB CLASS SCHEDULE 2019

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|---------|----------------------------------|---|--|---|----------------------------|--|--------------------------------|
| 5:30 AM | | MUSCLE PUMP ANNETTE | | | | | |
| 8 AM | ULTIMATE CYCLE ANNETTE | ULTIMATE CYCLE ANNETTE | STEPS TRACY | MUSCLE PUMP TRACY | XBARRE BODY TORI | | |
| 8:30 AM | AQUA LINDA | AQUA LINDA | AQUA LINDA | AQUA LINDA | | ULTIMATE CYCLE MAYRA | |
| 9 AM | MUSCLE PUMP ANNETTE | ZUMBA BRE | ZUMBA LISA PUMP & PEDAL ANNETTE | CYCLE N FLEX ANNETTE | ZUMBA BRE | MUSCLE PUMP MEL AQUA LINDA | ULTIMATE CYCLE MAYRA |
| 10 AM | ZUMBA TRACY | MUSCLE PUMP JOJO | MIXED YOGA RITA | ZUMBA CINDY | MUSCLE PUMP RITA | ZUMBA LISA | FLEX N CORE SHIORI |
| 11 AM | MIXED YOGA LINDA | FIT & FABULOUS TORI | | RESTORATIVE YOGA JOJO | MIXED YOGA RITA | MIXED YOGA PAULETTE | |
| 12 PM | | | AQUA JERRY | | | | |
| 2 PM | | | | | | | AQUA JERRY |
| 4:30 PM | AQUA JERRY | PILATES/YOGA JOJO AQUA JERRY | | PILATES/YOGA JOJO AQUA JERRY | | <p>CLUB HOURS: MON-THU 5AM-10PM FRIDAY 5AM-9PM SAT-SUN 8AM-6PM</p> <p>**PLEASE BRING A YOGA MAT FOR ANY CLASS WITH FLOOR EXERCISES. **PLEASE ARRIVE TO CLASS ON TIME AND NO CELL PHONE OR TALKING DURING CLASS SESSION.</p> <p>**CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE/AND OR CANCELLATION WITHOUT NOTICE. HOLIDAY HOURS ARE SUBJECT TO CHANGE</p> | |
| 5:30 PM | QUICKIES ANNETTE | ZUMBA TONING TRACY | MUSCLE PUMP TRACY | QUICKIES ANNETTE | | | |
| 6 PM | | | | ZUMBA TRACY | | | |
| 6:30 PM | ZUMBA MARTHA | | | ULTIMATE CYCLE MAYRA | | | |
| 7 PM | | | TRX PILATES/YOGA RITA | | | | |
| 7:30 PM | PILATES/YOGA PAULETTE | | | | | | |