

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	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						