

SHIRLEES FITNESS CLUB CLASS SCHEDULE 2019

	MON	TUE	WED	THU	FRI	SAT	SUN
5:30 AM			MUSCLE PUMP ANNETTE				
7:30 AM	AQUA LINDA		AQUA LINDA				
8AM	U-CYCLE ANNETTE	U-CYCLE ANNETTE	STEP TRACY	MUSCLE PUMP TRACY	X-BARRE TORI		
8:30 AM		AQUA JERRY		AQUA JERRY			
9AM	MUSCLE PUMP ANNETTE	ZUMBA BRE	PUMP N PEDAL ANNETTE  ZUMBA LISA	CYCLE & FLEX ANNETTE	ZUMBA BRE	U-CYCLE MAYRA  AQUA LINDA	U-CYCLE MAYRA
9:30 AM	AQUA LINDA		AQUA LINDA				
10AM	ZUMBA TRACY	MUSCLE PUMP JOJO	MIXED YOGA RITA	ZUMBA CINDY	MUSCLE PUMP RITA	ZUMBA LISA	FLEX & CORE SHIORI
11AM	MIXED YOGA LINDA	FIT & FAB TORI		RESTORATIVE YOGA JOJO	MIXED YOGA RITA	MIXED YOGA PAULETTE	
12PM					AQUA JERRY		
4:30PM		PILATES/ YOGA JOJO	AQUA JERRY	PILATES/ YOGA JOJO			
5:30PM	QUICKIES ANNETTE	ZUMBA TONING TRACY	MUSCLE PUMP TRACY	QUICKIES ANNETTE			
6PM	AQUA JERRY			ZUMBA TRACY			
6:30 PM	ZUMBA MARTHA			U-CYCLE MAYRA			
7PM			TRX PILATES/ YOGA RITA				
7:30 PM	PILATES/ YOGA PAULETTE						
<b>CLUB HOURS</b> MON-THU 5AM-10 PM FRIDAY 5AM-9PM SAT & SUN 8AM-6PM HOLIDAY HOURS MAY VARY				**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. **CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE/ AND OR CANCELLATION WITHOUT NOTICE.			