

SHIRLEES FITNESS CLUB CLASS SCHEDULE 2019

	MON	TUE	WED	THU	FRI	SAT	SUN
5:30 AM			SUNRISE BOOTCAMP ANNETTE				
8 AM	U- CYCLE ANNETTE AQUA LINDA	U- CYCLE ANNETTE	CARDIO KICKBOX TRACY AQUA LINDA	MUSCLE PUMP TRACY	XBARRE BODY TORI		
8:30 AM						MUSCLE PUMP RITA	
9 AM	MUSCLE PUMP ANNETTE	ZUMBA BRE AQUA LINDA	ZUMBA LISA PUMP & PEDAL ANNETTE	CYCLE N FLEX ANNETTE AQUA LINDA	ZUMBA BRE	AQUA LINDA	U-CYCLE MAYRA
9:30 AM						U- 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 JOJO**	FIT & FABULOUS TORI		RESTORATIVE YOGA JOJO	MIXED YOGA RITA	MIXED YOGA PAULETTE	
12 PM					AQUA JERRY	CLUB HOURS: MON-THU 5AM-10PM FRIDAY 5AM-9PM SAT-SUN 8AM-6PM **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. HOLIDAY HOURS ARE SUBJECT TO CHANGE	
4:30 PM		PILATES/YOGA JOJO	AQUA JERRY				
5PM				AQUA JERRY			
5:30 PM	QUICKIES ANNETTE	ZUMBA TRACY	ZUMBA TONING TRACY	QUICKIES ANNETTE			
6PM	AQUA JERRY			ZUMBA TRACY			
6:30 PM	ZUMBA MARTHA			U-CYCLE MAYRA			
	7:30 PM PILATES/YOGA PAULETTE		7PM TRX PILATES/YOGA RITA				