

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	<b>ZUMBA®/BARRE</b> <i>Michaela 9-10</i>					<b>SWEATY SATURDAY COMMUNITY WORKOUT 9-10</b>
10					<b>STRETCH</b> <i>Michaela 10-11</i>	<b>ThrivFIT Hours</b> Mon-Fri 5:30 am - 1 pm Mon-Fri 4 pm - 8 pm* <small>*Appt only after 6:30 pm</small>  Saturday 8:45 am - 10 am SATURDAY Community Workout Only  <b>386-446-7462</b>  <b>KIDZONE HOURS:</b> Mon-Fri 8:15 am - 12 pm Mon-Fri 4:15 pm- 7.45 pm Sat 8:45 am - 10 am
11	<b>FOREVER FIT</b> <i>Michaela 11:30-12:30</i>	<b>ZUMBA®</b> <i>Michaela 11-12</i>	<b>FOREVER FIT</b> <i>Michaela 11:30-12:30</i>	<b>ZUMBA®</b> <i>Michaela 11-12</i>	<b>RUMBA Caliente</b> <i>Michaela/Dalia 11-12</i>	
12		<b>TRX 4LUNCH</b> <i>Michaela 12-1</i>		<b>TRX 4LUNCH</b> <i>Michaela 12-1</i>	<b>FOREVER FIT</b> <i>Michaela 12-1</i>	
5	<b>RUMBA Caliente</b> <i>Michaela/Dalia 5:30-6:30</i>		<b>RUMBA Caliente</b> <i>Michaela/Dalia 5:30-6:30</i>			

