

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						SWEATY SATURDAY COMMUNITY WORKOUT 9-10
10					STRETCH <i>Michaela 10-11</i>	ThrivFIT Hours Mon/Wed/Fri 5:30 am - 1 pm Tues/Thurs 8:30 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 386-446-7462 KIDZONE HOURS: Mon-Fri 8:45 am - 11 am Mon-Fri 4:15 pm- 7.30 pm Sat 8:45 am - 10 am
11	FOREVER FIT <i>Michaela 11:30-12:30</i>	ZUMBA® <i>Michaela 11-12</i>	FOREVER FIT <i>Michaela 11:30-12:30</i>	ZUMBA® <i>Michaela 11-12</i>	RUMBA Caliente <i>Michaela/Dalia 11-12</i>	
12		TRX 4LUNCH <i>Michaela 12-1</i>		TRX 4LUNCH <i>Michaela 12-1</i>	FOREVER FIT <i>Michaela 12-1</i>	

