



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
	5:15-6:10 am Y Cycle/Yoga		5:30-6:10 am Y Cycle	
	8:00-8:50 am Wild Card Day	8:00-9:00 am Muscle Step & Ab Attack		8:00-9:00 am Kickboxing
8:10-9:00 am Aerobic Circuit		8:10-9:00 am Aerobic Circuit		8:10-9:00 am Aerobic Circuit
8:05-8:55 am Y Cycle			8:05-8:55 am Y Cycle	
9:00-10:00 am Combo Aerobics		9:00-10:00 am Combo Aerobics		9:00-10:00 am Combo Aerobics
9:00-10:00 am Body Contouring (Women only)	9:00-10:00 am Zumba	9:00-10:00 am Body Contouring (Women only)		9:00-10:00 am Body Contouring (Women only)
9:10-9:55 am Beginner Yoga		9:10-9:55 am Beginner Yoga		
	10:10-10:55 am Chair Aerobics		10:10-10:55 am Chair Aerobics	
	12:15-12:55 pm Y Cycle		12:15-12:55 Y Cycle	
5:30-6:25 pm Cardio Toning & Core	5:30-6:25 pm Aerobics & Step	5:30-6:25 pm Body Sculpting	5:30-6:25 pm Balls & Bands	
5:45-6:25 pm Y Cycle		5:45-6:25 pm Y Cycle		
	6:00-6:30 pm Aerobic Circuit		6:00-6:30 pm Aerobic Circuit	
6:30-7:15 pm Beginner Yoga	6:30-7:25 Zumba		6:30-7:25 Zumba	