



HEALTH & FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10am		CIRCUIT					
9:00am							
10:00am							YOGALATES
12:15pm							
1:00pm			YOGALATES				
5:45pm							
6:00pm							
6:45pm	AB -BLAST		AB -BLAST				
7:00pm		YOGALATES		YOGALATES			

