



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					<b>7:45AM</b> Bootcamp/ Fadoul	
8:30AM Step & Strength/Alyce	8:30AM Zumba®/ Alyce	<b>8:45AM</b> Pound®/ Alyce	8:30AM Zumba®/ Alyce	8:30AM Kettlebell AMPD/Alyce	<b>8:45AM</b> Pound®/ Alyce	See web site for pricing on classes in yellow.
9:30AM Zumba®/ Alyce	9:30AM Dance Fiesta/Alyce	9:30AM LaBlast®/ Alyce	9:30AM Dance Fiesta/Alyce	9:30AM Zumba®/ Alyce	9:30AM Zumba®/ Alyce	Classes in green included in month pass & punch cards.
10:30 Silver Sneakers®/ Alyce (call 1st)	10:30-11AM Special Needs Dance Fitness/Alyce	10:30 Silver Sneakers®/ Alyce (call 1st)				Class descriptions on <a href="http://www.studio321fitness.com">www.studio321fitness.com</a>
					12:00 Tai Chi 1:00 Tae Kwon Do/Master Chung	Schedule and instructors subject to change.
	3:00 Tai Chi/Master Chung		3:00 Tai Chi/Master Chung			See web site for class descriptions.
5:00 Kidz Dance Fitness/Ashley small studio	4:00 TaeKwonDo/ Master Chung		4:00 TaeKwonDo/ Master Chung			Month pass members who refer a friend who buys a month pass get a \$5 credit towards items in our pro shop.
5:00 Kettlebell AMPD/Alyce	5:00 Yoga/ Marguerite	5:00 LaBlast®/ Alyce	5:00 Yoga/ Marguerite	5:00 Zumba® Toning/ Cristina		Child care available during 6:00PM classes Mon, Wed, Thu, 5:00PM Tues.
6:00 Zumba®/ Cristina	6:00 Pound®/ Alyce	6:00 Pilates/ Marguerite	6:00 Zumba®/ Edwin-Jose	6:00 Zumba®/ Cristina		
	7:00 Salsa Beg/Inter/ Salsa Heat	7:00 Cardio Bellydance/ Dhana	7:00 Salsa Beg/Inter/ Salsa Heat			
	8:00 Bachata Beg/Inter/Adv/ Salsa Heat		8:00 Salsa Beg/Inter/Adv Salsa Heat			