



Monday 12/3	Tuesday 12/4	Wednesday	Thursday 11/29	Friday 11/30	Saturday 12/1	
					7:45AM Bootcamp/ Fadoul	
8:30AM Step & Strength/Alyce canceled	8:30AM Zumba®/ Selenia	8:45AM Pound®/ Alyce	8:30AM Zumba®/ Selenia	8:30AM Kettlebell AMPD/Alyce canceled	8:45AM Pound®/ Alyce canceled	See web site for pricing on classes in yellow.
9:30AM Zumba®/ Selenia	9:30AM Dance Fiesta/Alyce canceled	9:30AM LaBlast®/ Alyce	9:30AM Dance Fiesta/Alyce canceled	9:30AM Zumba®/ Selenia	9:30AM Zumba®/ Selenia	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 www.studio321fitness.com
					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 canceled	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 canceled	6:00 Pilates/ Marguerite	6:00 Zumba®/ Cristina	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			