

<b>Fitness Center Group Exercise Schedule</b>					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
8 am					Zumba W/Amanda
9 am					
10 am					
11 am					
12 am	Boot Camp W/Amanda	Zumba W/Amanda	Boot Camp W/Amanda	Zumba W/Amanda	Boot Camp W/Amanda
1 pm					
2 pm					
3 pm					
4 pm	Step & Sculpt W/Sonia	<b>Step Intensity W/ Sonia</b>		Yoga W/Stacy	
5 pm		Capoeira W/Steve	Salsa W/Edgar		
6 pm	M.I.A. W/Elizabeth	M.I.A. W/Elizabeth	M.I.A. W/Elizabeth	Hip Hop W/Ana	
7 pm				Zumba W/Amanda	



Don't forget to pick up the current month's aerobics schedule in the Fitness Center!  
 ¡Por favor, de no olvidar de agarrar su horario del aerobicos!