



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|--|--|
| | 1. | 2. | 3. | 4. | 5. |
| 7. | 8. | 9. | 10. | 11. | 12. |
| 14. 5:15 pm Cardio Abdominal (Ivette) 6:30 pm Strong Nation (Elizabeth) | 15. 3:00 pm Cardio Kickboxing (Lucero) 5:15 pm Zumba/Toning (Ivette) 6:30 pm Strong Nation (Elizabeth) | 16. 3:00 pm Zumba (Ana) 5:15 pm Zumba Steps (Ivette) 6:30 pm Strong Nation (Elizabeth) | 17. 5:15 pm Zumba/Toning (Ivette) 6:15 pm Strong by Zumba (Rose) | 18. 5:00 pm Zumba (Ana) | 19. 8:30 am Strong by Zumba (Rose) 9:30 am Cardio Abdominal (Ivette) |
| 21 5:15 pm Cardio Abdominal (Ivette) 6:30 pm Strong Nation (Elizabeth) | 22. 3:00 pm Cardio Kickboxing (Lucero) 5:15 pm Zumba/Toning (Ivette) 6:30 pm Strong Nation (Elizabeth) | 23. 3:00 pm Zumba (Ana) 5:15 pm Zumba Steps (Ivette) 6:30 pm Strong Nation (Elizabeth) | 24. 5:15 pm Zumba/Toning (Ivette) 6:15 pm Strong by Zumba (Rose) | 25. 5:00 pm Zumba (Ana) | 26. 8:30 am Strong by Zumba (Rose) 9:30 am Steps (Ivette) |
| 28 5:15 pm Cardio Abdominal (Ivette) 6:30 pm Strong Nation (Elizabeth) | 29. 3:00 pm Cardio Kickboxing (Lucero) 5:15 pm Zumba/Toning (Ivette) 6:30 pm Strong Nation (Elizabeth) | 30. 3:00 pm Zumba (Ana) 5:15 pm Zumba Steps (Ivette) 6:30 pm Strong Nation (Elizabeth) | | | |

