




AUGUST 2019 GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ZUMBA® (Family) 9:00am Studio A Cat	ZUMBA® 9:00am Studio A Claudia	ZUMBA® (Family) 9:00am Studio A Karin	ZUMBA® 9:00am Studio A Cat	ZUMBA® (Family) 9:00am Studio A Claudia	BOOT CAMP 9:00am Studio A Cat	
ZUMBA STEP® 10:00am Studio A Cat	H.I.I.T® High Intensity Interval Training 10:00am Studio A Claudia	BOOT CAMP 10:00am Studio A Karin	ZUMBA SENTAO® 10:00am Studio A Cat	CIRCUIT TRAINING 9:30am Studio B Karin	ZUMBA® (Family) 10:00am Studio A Cat	
				STRENGTH AND MOBILITY (Family) 10:30am Studio B Karin		
ZUMBA® (Family) 6:00pm Studio A Cat	BOOT CAMP 6:00pm Studio A Claudia	ZUMBA® (Family) 6:00pm Studio A Claudia	H.I.I.T® High Intensity Interval Training 6:00pm Studio A Claudia	 <p>FRIENDS & FAMILY REFERRAL PROGRAM</p> <p>1st Referral: Free Sweat Towel or Water Bottle</p> <p>2nd Referral: Free T-Shirt</p> <p>3rd Referral: \$10 off Monthly Dues</p> <p>4th Referral: One Free Month</p>		
ZUMBA® (Family) 7:00pm Studio A Cat	YOGA (Family) 6:00pm Studio B Maria	ZUMBA® (Family) 7:00pm Studio A Estevan	YOGA (Family) 6:00pm Studio B Maria			
	ZUMBA® (Family) 7:00pm Studio A Estevan	BOOT CAMP 7:00pm Studio B Claudia	ZUMBA® (Family) 7:00pm Studio A Claudia			
	ZUMBA KIDS® 7:00pm Studio B Claudia					

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