

FITNESS SCHEDULE

MONDAY

8:00 am Cardio Step with Tammy
9:15 am Stretch with Estella
6:00 pm Yoga Class with Karen A.

TUESDAY

7:00 am Body Conditioning with Tammy
8:00 am Body Conditioning with Tammy
9:15 am Cardio Pump with Nilse

WEDNESDAY

8:00 am Step Class with Karen A.
9:15 am Pilates and Yoga with Karen A.
10:30 am Stretching Floor Exercise with Nilse
6:00 pm F.I.T Group with Lincoln (For Teenagers)

THURSDAY

7:00 am Body Conditioning with Tammy
8:00 am Body Conditioning with Tammy
9:15 am Pilates with Estella
10:30 am Stretching Floor Exercise with Nilse

FRIDAY

8:00 am Cardio Step with Tammy
9:15 am Cardio Pump with Nilse

SATURDAY

8:15 am Better Body Bootcamp with Karen L.
9:30 am Yoga with Karen A.

SUNDAY

6:00 pm F.I.T Group with Lincoln (For Teenagers)