

# Class Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>10 am</b> <b>Chest &amp; Shoulders</b> Cindy	<b>10 am</b> <b>Back &amp; Arms</b> Cindy	<b>10 am</b> <b>Hardcore Abs</b> Cindy	<b>10 am</b> <b>Lower Body</b> Laura	<b>10 am</b> <b>Body Rock</b> Cindy	<b>10 am</b> <b>Circuit City</b> Cindy	
<b>6 pm</b> <b>Step &amp; Tone</b> Cindy	<b>5:45 pm</b> <b>Glute Camp</b> Sara Beth	<b>6 pm</b> <b>Spin &amp; Sculpt</b> Cindy	<b>6 pm</b> <b>Fast &amp; Fit HIIT</b> Cindy			