

Time	Monday	Tuesday	Wednesday	Thursday	Fri	Sat	Sun
8:00 AM						Full Body Group Training \$15	Dance Cardio with Karina \$10
9:00 AM				Dance Cardio with Karina \$10	Upper Body Group Training \$15		
6 PM	Lower Body Group Training \$15	Upper Body Group Training \$15	Lower Body Group Training \$15	Full Body Group Training \$15			
7 PM	Lower Body Group Training \$15	Upper Body Group Training \$15					
7:30 PM			Dance Cardio with Patti \$10	Dance Cardio with Patti \$10			