

# WEEKLY FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<ul style="list-style-type: none"> <li>• 8am Golf Stretch</li> <li>• 9am Zumba</li> <li>• 9am H2O</li> <li>• 3pm Buff Bones</li> </ul>	<ul style="list-style-type: none"> <li>• 8:30am Men's Sports</li> <li>• Conditioning</li> <li>• 9:30am Cardio Body Tone</li> <li>• 3:30pm H2O</li> <li>• 4:30pm Yoga</li> </ul>	<ul style="list-style-type: none"> <li>• 8am Golf Stretch</li> <li>• 4pm Spin*sign up*</li> </ul>	<ul style="list-style-type: none"> <li>• 8am Spin *sign up*</li> <li>• 8:30am Warrior Sculpt</li> <li>• Yoga</li> <li>• 9:30am Pilates</li> <li>• 9am H2O</li> <li>• 4:30 Tabata Strength</li> </ul>	<ul style="list-style-type: none"> <li>• 8am TRX Mash</li> <li>• Up*Sign up*</li> <li>• 9:05am Zumba</li> </ul>	<ul style="list-style-type: none"> <li>• 7:30am Spin*sign up*</li> <li>• 9am Chisel &amp; Sculpt</li> <li>• 9am H2O</li> </ul>

