

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Westwood Floor Classes						
	6:30 - 7:30 am Bootcamp			7:45 - 8:30 am Ballet Body & Pilates		
8:45 - 9:45 am Kickbox Combat	8:45 - 9:30 am Total Body Circuit	8:45 - 9:45 am Zumba Gold	8:45 - 10:15 am Ultimate Step & Sculpt	8:45 - 9:45 am Cardio Boot Camp	8:30 - 10:00 am Weekend Warrior	9:00 - 10:00 am Zumba
9:45 - 10:30 am Cardio Blast	9:30 - 10:30 am Fusion Step -Box-Kick	9:45 - 10:30 am Cardio Blast		9:45 - 10:45 am Total Body Sculpt		
10:30-11:30 am Power Cut	10:30 - 11:30 am On the Ball	10:30-11:30 am Power Cut	10:00-11:00 am On the Ball		10:00-11:00 am Cardio Pilates	10:00-11:00 am Low and Loaded
			11:00-12:00 pm Zumba	11:00-12:00 pm Yoga	11:00-12:00 pm Hatha Yoga	
12:00 - 1:00 pm Zumba	12:30- 1:00 pm Ring Pilates	12:30- 1:30 pm Cardio Pilates	12:00 - 1:00 pm Yogalates	12:00-1:00 Zumba		
5:15 - 6:15 pm Group Training	5:15 - 6:15 pm Cardio Interval & Core	5:00 - 6:00 pm Total Body Circuit	5:15 - 6:15 pm Power Cut	4:30-5:30 pm Zumba		
6:15 - 7:15 pm Yogalates	6:15 - 7:15 pm Pilates	6:00 - 7:00 pm Cardio Blast	6:15 - 7:15 pm Zumba			
7:15 - 8:15 Cardio Boot Camp	7:15 - 8:00 pm Hardcore Kickbox	7:15 - 8:15 pm Total Body Sculpt	7:15 - 8:15 pm Hatha Yoga			
8:30 - 9:30 pm Bellydancing	8:00 - 9:00 pm Power Cut					

Westwood Aquatic Classes						
10:00-11:00 am Aqua Box-n-Flow	10:00-11:00 am Aqua Fusion	10:30-11:30 am H2O Bootcamp	10:00-10:45 am Dance H2O	10:00-11:00 am H2O Cardio Sculpt	10:00-11:00 am Aqua Energy	9:30 - 10:30 am Aqua Energy
11:30-12:30 pm H2O Cardio Sculpt	11:30-12:30 pm Aqua Energy		11:30-12:30 pm Aqua Energy			

6:00 - 7:00 pm Aqua Energy	6:30 - 7:30 pm H2O Bootcamp	6:00 - 7:00 pm Aqua Energy	6:00 - 7:00 pm H2O Bootcamp			
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