

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Westwood Floor Classes</b>				
<b>7:30-8:30</b> Hatha Yoga			<b>6:30-7:30am</b> Bootcamp	<b>7:45 - 8:30 am</b> Ballet Body & Pilates
<b>8:45 - 9:45 am</b> Kickbox Combat	<b>8:45 - 9:30 am</b> Total Body Circuit	<b>8:45 - 9:45 am</b> <b>Zumba Gold</b>	<b>8:45 -10:15 am</b> Ultimate Step & Sculpt	<b>8:45 - 9:45 am</b> Cardio Boot Camp
<b>9:45 -10:30 am</b> Cardio Blast	<b>9:30 -10:30 am</b> Fusion Step -Box-Kick	<b>9:45 -10:30 am</b> <b>Cardio Blast</b>		<b>9:45 -10:45 am</b> Total Body Sculpt
<b>10:30-11:30 am</b> Power Cut	<b>10:30 -11:30 am</b> On the Ball	<b>10:30-11:30 am</b> <b>Power Cut</b>	<b>10:00-11:00 am</b> On the Ball	
			<b>11:00-12:00 pm</b> Zumba +Toning	<b>11:00-12:00 pm</b> Yoga
<b>12:00 - 1:00 pm</b> Zumba	<b>12:30- 1:00 pm</b> Pilates	<b>12:30- 1:30 pm</b> <b>Cardio Pilates</b>	<b>12:00 - 1:00 pm</b> Vinyasa Flow Yoga	<b>12:00-1:00</b> Zumba
<b>5:15 - 6:15 pm</b> Group Training	<b>5:15 - 6:15 pm</b> Cardio Interval & Core	<b>5:00 - 6:00 pm</b> <b>Total Body Circuit</b>	<b>5:15 - 6:15 pm</b> Power Cut	
<b>6:15 - 7:15 pm</b> Yogalates	<b>6:15 - 7:15 pm</b> Pilates	<b>6:00 - 7:00 pm</b> <b>Cardio Blast</b>	<b>6:15 - 7:15 pm</b> Zumba	
<b>7:15 - 8:15</b> Cardio Boot Camp	<b>7:15 - 8:00 pm</b> Hardcore Kickbox	<b>7:00- 8:00 pm</b> <b>Total Body Sculpt</b>	<b>7:15 - 8:15 pm</b> Hatha Yoga	
<b>8:30 - 9:30 pm</b> Bellydancing	<b>8:00 - 9:00 pm</b> Power Cut	<b>8:00-9:00 pm</b> <b>Zumba</b>		

<b>Westwood Aquatic Classes</b>				
<b>10:00-11:00 am</b> Aqua Box-n-Flow	<b>10:00-11:00 am</b> Aqua Fusion	<b>10:30-11:30 am</b> <b>H2O Bootcamp</b>	<b>10:00-10:45 am</b> Aqua Zumba	<b>10:00-11:00 am</b> H2O Cardio Sculpt
<b>11:30-12:30 pm</b> H2O Cardio Sculpt	<b>11:30-12:30 pm</b> Aqua Energy		<b>11:30-12:30 pm</b> Aqua Energy	
<b>6:00 - 7:00 pm</b> Aqua Energy	<b>6:30 - 7:30 pm</b> H2O Bootcamp	<b>6:00 - 7:00 pm</b> <b>Aqua Zumba</b>	<b>6:00 - 7:00 pm</b> H2O Bootcamp	

<b>Saturday</b>	<b>Sunday</b>
<b>8:30 -10:00 am</b> Bootcamp Challenge	<b>9:00 -10:00 am</b> Zumba
<b>10:00-11:00 am</b> Cardio Pilates	<b>10:00-11:00 am</b> Low and Loaded
<b>11:00-12:00 pm</b> Hatha Yoga	

<b>10:00-11:00 am</b> Aqua Energy	<b>9:30 -10:30 am</b> Aqua Energy