

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Westwood Floor Classes						
7:30-8:30am Hatha Yoga		7:00am-8:00am <u>Vinyasa Flow Yoga</u>	6:15-7:15am Total Body Sculpt	7:45 - 8:30 am Active Isolated Stretch		
8:45 - 9:45 am Kickbox Combat	8:45 - 9:30 am Total Body Circuit	8:45 - 9:45 am Zumba	8:45 -9:45am Ultimate Step	8:45 - 9:45 am Cardio Boot Camp	8:15-9:30am Bootcamp Challenge	9:00 -10:00 am Zumba
9:45 -10:30 am Cardio Blast	9:30 -10:30 am Fusion Step -Box-Kick	9:45 -10:45 am Corebar		9:45 -10:45 am Total Body Sculpt		
10:30-11:30 am Power Cut	10:30 -11:30 am On the Ball	10:45-11:45 am Power Cut	10:00am-11:00am On the Ball		9:30-10:30 am Zumba	10:00-11:00 am Low and Loaded
			11:00-12:00 pm Zumba	11:00-12:00 pm Yoga	10:30-11:30am Corebar	
12:00 - 1:00 pm Zumba	12:30- 1:00 pm Pilates	12:30- 1:30 pm Cardio Pilates	12:00 - 1:00 pm Vinyasa Flow Yoga	12:00-1:00 Zumba	11:30-12:30pm Yoga	
5:15 - 6:15 pm Total Body Sculpt	5:15 - 6:15 pm Cardio Sculpt	5:00 - 6:00 pm PI YO	5:15 - 6:15 pm Power Cut	5:15-6:15pm Corebar		
6:15 - 7:15 pm Yogalates	6:15 - 7:15 pm Pilates Circuit	6:00 - 7:00 pm Tabata	6:15 - 7:15 pm Zumba +Toning			
7:15 - 8:15pm Cardio Boot Camp	7:15 - 8:00 pm Hardcore Kickbox	7:00- 8:00 pm Total Body Sculpt	7:30 - 8:30pm Hatha Yoga			
8:30 - 9:30 pm Bellydancing	8:00 - 9:00 pm Power Cut	8:00-9:00 pm Zumba				

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 Aqua Zumba	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 Zumba	6:30 - 7:30 pm H2O Bootcamp	6:00 - 7:00 pm H2O Cardio Sculpt	6:00 - 7:00 pm H2O Bootcamp			