

Z E N E R G Y
HEALTH CLUB • SPA • BOUTIQUE

April 2017 - Zenergy Group Fitness Schedule

Monday

| | |
|---------------|---------------------------------------------|
| 6:30-7:25am | BODYPUMP (Anna, Zack, Emily, Sheridan, Kim) |
| 9:00-9:55am | Zumba (Priscilla) |
| 10:00-10:55am | Pilates Mat Int/Advanced (Zoe) |
| 11:30-11:55am | BODYCOMBAT (Anna/Sheridan) |
| 12:00-12:30pm | CXWORX (Tim) |
| 12:35-1:25pm | Zen Roller (Tim) |
| 3:00-3:55pm | \$Soo Bahk Do / Tiger Tots (Oliver) |
| 4:00-5:25pm | \$ Soo Bahk Do / Karate Kids (Oliver) |

Tuesday

| | |
|---------------|---------------------------|
| 8:00-8:55am | Ballet Barre Works (Erin) |
| 9:00-9:55am | BODYPUMP (Emily) |
| 10:00-10:30am | CXWORX (Emily) |
| 12:00-12:55pm | BODYPUMP (Anna) |
| 4:30-5:25pm | Pilates Mat Beg/Int (Zoe) |

Wednesday

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|---------------|----------------------------------|
| 6:30-7:25am | Body Sculpt (Alexa) |
| 9:00-9:55am | Zumba (Casey) |
| 10:00-10:55am | Pilates Mat Int/Advanced (Emily) |
| 12:00-12:30pm | CXWORX (Tim) |

Thursday

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|---------------|--------------------------------------|
| 8:00-8:55am | Ballet Barre Works (Erin) |
| 9:00-9:55am | BODYPUMP (Anna) |
| 12:00-12:55pm | BODYPUMP (Emily) |
| 2:00-2:55pm | Pilates Mat Beg/Int. (Deborah) |
| 4:00-5:25pm | \$Soo Bahk Do / Karate Kids (Oliver) |
| 6:30-7:25pm | Private Group |

Friday

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|---------------|----------------------------------|
| 6:30-7:25am | Boot Camp (Jen) |
| 9:00-9:55am | BODYATTACK (Anna) |
| 10:00-10:55am | Pilates Mat Int/Advanced (Emily) |
| 11:30-11:55am | BODYCOMBAT (Anna/Sheridan) |
| 12:00-12:30pm | CXWORX (Emily) |
| 12:30-1:00pm | Stretch (Emily) |

Saturday

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|---------------|-------------------|
| 7:45-8:40am | BODYPUMP (Anna) |
| 9:00-9:55am | Pilates Mat (Zoe) |
| 10:00-10:55am | BODYPUMP (Zack) |

Sunday

| | |
|---------------|----------------------------|
| 10:00-10:55am | Ballet Barre Works (Peter) |
| 3:45-4:45pm | \$The Melt Method (Shana) |

April 9 & 23