



CAROL STREAM

Group Exercise Schedule



ZUMBA!



DECEMBER 2015

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
5:00 AM							
6:00 AM	Cardio Drill/TRX Denise	Cycle/Strength Denise		Cycle/Strength Denise			
7:00 AM							
8:30 AM	Low Impact Cardio Mix Catherine H.		Low Impact Cardio Mix Catherine H.		Low Impact Cardio Mix Catherine H.	8:00 AM	Piyo Sarah
9:00 AM	Low Impact Jen	Body Sculpting Sarah	Low Impact Jen	Body Sculpting Sarah	Low Impact Jen	9:00 AM	Cycling Sarah
10:00 AM		Zumba Sarah		Zumba Sarah		10:00 AM	
10:30 AM							
12:00 PM		Total Chisel Denise		Total Chisel Denise			
5:00 PM	Zumba Sarah		Core & More Sarah				
6:00 PM		Cycling Carol	Zumba Sarah	Cycling Carol			
7:00 PM		Body Sculpting Carol	Piyo Sarah	Yoga Carol			