

2012 - BodyZone East

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
6:30 AM						
8:00 AM						
9:00 AM						
11:30AM	Workout of the Day		Workout of the Day	Abs Class (free)		
12:00PM		Group Exercise				
12:15PM						
4:15 PM						
4:30 PM	Hip Hop Fitness (3/5/12)		Yoga	Zumba		
5:00 PM	Boot Camp	Pilates				
5:30 PM			Boot Camp	Zumba		

All classes are \$3 for BodyZone members and \$5 for non-members. Please contact Todd Williams at 317-621-1600 with any questions.