

# Body Zone Fitness Center

## 6991 Hillsdale Court

Jan-Feb 2012

|                | <b>Monday</b>         | <b>Tuesday</b>             | <b>Wednesday</b>      | <b>Thursday</b>            | <b>Friday</b>         | <b>Saturday</b>      |
|----------------|-----------------------|----------------------------|-----------------------|----------------------------|-----------------------|----------------------|
| <b>6:00 AM</b> |                       |                            |                       |                            | Group Cycle           |                      |
| <b>8:30 AM</b> |                       |                            |                       |                            |                       | Yoga                 |
| <b>9:30AM</b>  |                       |                            |                       |                            |                       | Zumba                |
| <b>10:30AM</b> |                       |                            |                       |                            |                       | Strength & Endurance |
| <b>11:30AM</b> |                       | 45 minute<br>Midday Myriad |                       | 45 minute<br>Midday Myriad |                       |                      |
| <b>12:15PM</b> |                       |                            | 45 minute<br>Zumba    | 45 minute<br>Physique Slim |                       |                      |
| <b>1:30pm</b>  |                       |                            |                       |                            |                       |                      |
| <b>3:00PM</b>  |                       |                            |                       |                            |                       |                      |
| <b>4:00PM</b>  |                       |                            |                       |                            |                       |                      |
| <b>4:45 PM</b> | 45 minutes<br>Pilates | 45 minutes<br>Zumba        | 45 minutes<br>Pilates | 45 minutes<br>Zumba        |                       |                      |
| <b>5:30 PM</b> | Girly Girl<br>Fitness | Strength &<br>Endurance    | Group Cycle           | Strength &<br>Endurance    | Girly Girl            |                      |
| <b>6:30PM</b>  |                       | Kangoo Class               | Cardio Kick<br>Boxing | Kangoo/RIPPED              | Cardio<br>Kick Boxing |                      |