











2020 Fitness Class Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	 Group Cycle	Early Morning Yoga (6:15)	 Group Cycle		 Group Cycle		
8:30 AM						 Vinyasa & Slow Flow Mix Yoga	
10:00 AM	<i>Tai Chi Wellbeing</i>		<i>Tai Chi Wellbeing</i>		Balance & Stretch	 ZUMBA	
11:00 AM	<i>Tai Chi Wellbeing</i>		<i>Tai Chi Wellbeing</i>	 yoga for heart			
1:00 pm							<i>Tai Chi Wellbeing</i>
5:00 PM	 Cardio Fitness Express		'Yoga Basics' For All Levels				
6:00 PM		Strength & Endurance		Strength & Endurance			
7:00 PM		<i>Tai Chi Wellbeing</i>	<i>Tai Chi Wellbeing</i>	 Vinyasa & Slow Flow Mix Yoga			

6:00am: Group Cycle Class FREE for BodyZone members
 6:15am: Early Morning Yoga Class FREE for BodyZone members
 10:00am: Balance and Stretch Class FREE for BodyZone members
 1:00pm: Tai-Chi taught 1st and 3rd Sunday of the month

BodyZone Fitness Center
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