




# ULTIMATE FITNESS AEROBIC SCHEDULE

January 15, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Private Class 8am Ballet Barre		Pilates 8am Carla	Private spin 8am ilda		STEP COMBO 8:00 am CARLA
Belly dance 10 am Daniella private	SPIN 9:00 am LIZ	Abs/Legs & CARDIO 10:00am Frank	SPIN 9:00 am ILDA	Spin 9am ilda	SPIN 9:00 am LIZ	SPIN 9:00 am LIZ
YOGA 11:00 am Daniella	KICKBOX & Sculpt 10:00 am LIZ		Abs & legs 10 am ilda	10 am body shred Private ilda	 10:00am Abs & Zumba LIZ	Strong by Zumba Alternate with Kick box 10:00 am LIZ
						YOGA 11:00 am LIZ
	Zumba Toning 6:00 pm LIZ		YOGA 6:00 pm LIZ	 6:00pm Mildred	Private spin class ilda 6pm	
	Spin 7:00 pm LIZ	STEP & LEGS/ABS 7:00PM FRANK	SPIN 7:00 LIZ	BODY DEFINITION 7:00 pm AI	Insanity private 7:pm Leyla	
	Private 8pm Body shred ilda	KICK BOX 8:00PM LIZ	 8:00 LIZ	Spin 8:15 pm LIZ		

For a more enjoyable workout Please Wear Proper Workout Shoes, bring water bottle and towel. Clean up after yourself, return equipment to its area. First time spinners arrive 10 minutes early for proper setup. Safety first! Do NOT enter a class 10 Minutes after Class starts. Please notify the instructor when it is your first time or if you have any medical limitations. ENJOY YOUR WORKOUT!