



## **GROUP EXERCISE SCHEDULE (PUYALLUP)**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
6:30 am		Early rise YOGA Heide		Early rise YOGA Heide			
8:00 am						ZUMBA Tessa	
9:00 am	Body Sculpting Madalene	ZUMBA Andreia	ZUMBA Claudia	ZUMBA TONING Madalene	ZUMBA Claudia	Bootcamp John/ Madalene	Cycling Anne Marie
10:00am	Cycling Stephanie					Yoga Kelsie	Bootycamp Madalene
11:00am			Cycling Stephanie				
12:00pm						Cycling Reina	Beginner Bootcamp Wayne 1pm
6:00 pm	ZUMBA/Toning Madalene	Cycling Kate	Total Body Conditioning Stephanie/ Madalene	Zumba Tessa			
7:00 pm	BODY SCULPTING Madalene	COMMIT DANCE Vanessa	Zumba Dixie	BODY SCULPTING Madalene			