

FITNESS CLASSES

Monday

CardioBlast	11:30am
Yoga	3:00pm
Training Run	3:45pm

Tuesday

CardioKickboxing	6:00am
Toning	7:00am
Circuit	9:30am
Training Run	10:45am

Thursday

CardioKickboxing	6:00am
Toning	7:00am
Circuit	9:30am
Training Run	10:45am

Friday

Yoga	11:30am
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UTA Saturday

Fitness Skills	10:30am
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