













BodyShock Group Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM			Tone Alternating With Step		

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 AM						
9:15 AM	Step Alternating With Tone		BodyCombat Alternating With HIIT		BootCamp	
10:30 AM						

Time	Monday	Tuesday	Wednesday	Thursday
5:45 PM				
6:45 PM				Zumba Alternating With Zumba Step

May Schedule

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