


















BodyShock Group Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM			<u>Tone</u> Alternating With <u>Step</u>		

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

Time	Monday	Tuesday	Wednesday	Thursday
5:45 PM				
6:45 PM				<u>Zumba</u> Alternating With <u>Zumba Step</u>

Schedule

Email: BodyShockFitLL@gmail.com
Phone: (505)-357-0202