



Monday - Friday 5:30 am - 10 pm
 Saturday 8 am - 6 pm
 Sunday 8 am - 4 pm

Check out our Facebook page
www.facebook.com/optimalsport
 for updates, cancelations and events

(6 0 9) 2 3 9 - 6 9 0 0

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Interval Step w/ Wanda 9:30 - 10:30		Body Toning w/ Wanda 9:30 - 10:30	Spin w/ Lori 9:30 - 10:30	Fusion Fit w/ Toby 9a - 10a
Butt & Guts w/ Lisa 5:30 p	Abs, Glutes w/ Adel 5:30 - 6	Abs w/ Lisa 5:30 p - 6 p			Yoga w/ Karen 10a - 11a
Spinning w/ Toby 6 p - 7 p	Fusion Fit w/ Toby 6 p - 7 p	Basic Step w/ Lisa 6 p - 7 p	Kickboxing w/ Toby 6 p - 7 p	Interval Step w/ Lisa 6 p - 7 p	
Zumba w/ Suraya 7 p - 8 p	Yoga w/ Karen 7 p - 8 p		Zumba w/ Gina 7 p - 8 p		