



OPTIMAL
Sport
 HEALTH CLUB

CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI DAY	SATURDAY
AM		SPI N 7: 00- 7: 45		SPI N 7: 00- 7: 45		PI LATES 10: 00- 11: 00
PM	SPI N 12: 00- 12: 45	TOTAL BODY BOOT CAMP 12: 00- 1: 00	SPI N 12: 00- 12: 45	YOGA 12: 15- 1: 15	SPI N 12: 00- 12: 45	
	CARDI O K CKBOXI NG 1: 00- 2: 00			ZUMBA 1: 15- 2: 15	CARDI O K CKBOXI NG 1: 00- 2: 00	
PM	YOGA 5: 00- 6: 00	ABS OL UTE ABS 5: 30- 6: 00	PI LATES 5: 15- 6: 15			
			ZUMBA 6: 15- 7: 15			