

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8-9AM	GENERAL USE	GENERAL USE	GENERAL USE	GENERAL USE	GENERAL USE
9-10AM	HIIT	BALANCE &STRENGTH	CARDIO & CORE	UPPER BODY EXPRESS CIRCUIT	HIIT
10-11AM	GENERAL USE	GENERAL USE	GENERAL USE	GENERAL USE	GENERAL USE
11-12AM	GENERAL USE	ZUMBA CIRCUIT 11.30-12PM	GENERAL USE	ZUMBA CIRCUIT 11.30-12PM	GENERAL USE
12-1PM	GENERAL USE	GENERAL USE	GENERAL USE	GENERAL USE	GENERAL USE
3-4PM	GENERAL USE	CLOSED	GENERAL USE	CLOSED	GENERAL USE
4-5PM	GENERAL USE	GENERAL USE	GENERAL USE	GENERAL USE	GENERAL USE
5-6PM	CARDIO BLAST	BALANCE &STRENGTH	CARDIO & CORE	UPPER BODY EXPRESS CIRCUIT	CARDIO BLAST
6-7PM	HIIT	ZUMBA 6.30-7:15	CARDIO & CORE	UPPER BODY EXPRESS CIRCUIT	HIIT
7-8PM	CLOSED	CLOSED	BOXERCISE	BOXERCISE	CLOSED

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