

Date	Session	Instructor	Time
14-Oct	Zhumba	Thais	4:30-5:30
	High Intensity		
21-Oct	Interval Training	Deb	4:00-5:00
28-Oct	Body Conditioning	Sandra	3:30-4:30
03-Nov	Yoga	Julia	4:00-5:00
10-Nov	Zhumba	Thais	4:30-5:30
	High Intensity		
17-Nov	Interval Training	Deb	4:00-5:00
24-Nov	Body Conditioning	Sandra	3:30-4:30
01-Dec	Yoga	Julia	4:00-5:00
08-Dec	Zhumba	Ziyad	4:30-5:30
	High Intensity		
15-Dec	Interval Training	Deb	4:00-5:00
05-Jan	Yoga	Julia	4:00-5:00
12-Jan	Zhumba	Ziyad	4:30-5:30
	High Intensity		
19-Jan	Interval Training	Deb	4:00-5:00
26-Jan	Body Conditioning	Sandra	3:30-4:30
02-Feb	Yoga	Julia	4:00-5:00
09-Feb	Zhumba	Ziyad	4:30-5:30
	High Intensity		
16-Feb	Interval Training	Deb	4:00-5:00
23-Feb	Body Conditioning	Sandra	3:30-4:30
01-Mar	Yoga	Julia	4:00-5:00
08-Mar	Zhumba	Ziyad	4:30-5:30
30-Mar	Body Conditioning	Sandra	3:30-4:30
06-Apr	Yoga	Julia	4:00-5:00
13-Apr	Zhumba	Ziyad	4:30-5:30
20-Apr	Body Conditioning	Sandra	4:00-5:00
	High Intensity		
27-Apr	Interval Training	Deb	3:30-4:30
04-May	Yoga	Julia	4:00-5:00
11-May	Zhumba	Ziyad	4:30-5:30
	High Intensity		
18-May	Interval Training	Deb	4:00-5:00
25-May	Body Conditioning	Sandra	3:30-4:30
01-Jun	Yoga	Julia	4:00-5:00

08-Jun	Zhumba High Intensity	Ziyad	4:30-5:30
15-Jun	Interval Training	Deb	4:00-5:00
22-Jun	Body Conditioning	Sandra	3:30-4:30