

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

08-Jun	Zhumba	Thais	4:00-5:00
15-Jun	Yoga	Cynthia	4:30-5:30
	High Intensity		
22-Jun	Interval Training	Deb	4:00-5:00