



**ESSENTIAL
FITNESS**

CLASS SCHEDULE

MONDAY

• Zumba - 6:00pm



TUESDAY

• Bootcamp - 5:15pm
• Cardio Boxing - 5:15pm



WEDNESDAY

• Zumba - 5:30pm



THURSDAY

• Dance & Tone - 5:45pm
• Yoga - 6:30pm



SATURDAY

• Strong Nation - 8:30am
• Zumba - 11:00am

