



# August West Aerobic Schedule

## Monday

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### Zumba

9:00-10:00 AM - Jessica

### Cardio Fuse

5:30-6:30 PM - Jose

### Zumba

6:30-7:30 PM - Amanda

## Tuesday

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### Strength & Stretch

8:00-9:00 AM - Shawna H.

### Zumba

9:00-10:00 AM - Tia

### Kettlebell HIIT

5:30-6:30 PM - Shawnae

### Zumba

6:30-7:30 PM - Stephany

## Wednesday

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### Zumba

9:00-10:00 AM - Jessica

### Total Body HIIT

5:30-6:30 PM - Cindy

### Yoga

6:30-7:30 PM - Tracy

## Thursday

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### Strength & Stretch

8:00-9:00 AM - Shawna H.

### Zumba

9:00-10:00 AM - Tia

### Zumba

4:30-5:30 PM - Tia

### Body Sculpt

5:30-6:30 PM - Shawnae

### High Yo

6:30-7:30 PM - Jenny

## Friday

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### Zumba

9:00-10:00 AM - Tia

### Ab/Glute Camp

5:30-6:30 PM - Shawnae

## Saturday

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### Zumba

8:00-9:00 AM - Tia

### Cardio Fuse

9:00-10:00 AM - Jose

### Boot Camp

10:00-11:00 AM - Shawnae/Kathryn

### Yoga Sculpt

11:00-12:00 PM - Shawna

## Sunday

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### Kettlebell

10:00-11:00 AM - Cindy

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