



# April West Aerobic Schedule

## Monday

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### Zumba

9:00-10:00 AM - Tia

### High Low/Sculpt 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 - Cindy

### Zumba

6:30-7:30 PM - Stephany

## Wednesday

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### Total Body HIIT

5:30-6:30 PM - Cindy

### Yoga

6:30-7:30 PM - Hannah

## 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 - Cindy

### High Yo

6:30-7:30 PM - Jenny

## Friday

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### Zumba

9:00-10:00 AM - Tia

### Total Body HIIT

5:00-6:00 PM - Shawnae

## Saturday

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### Zumba

8:00-9:00 AM - Tia

### Body Sculpt

9:00-10:00 AM - Shawnae

### Dance Fitness

10:00-11:00 AM - Jessica

### Yoga

11:00-12:00 PM - Hannah

## Sunday

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### Strength & Stretch

9:00-10:00 AM - Cindy

### Kettlebell

10:00-11:00 AM - Cindy

6783 N Millburn Fresno, CA 93722

559-448-9300

www.gb3clubs.com