



November West Aerobic Schedule

Monday

Zumba

9:00-10:00 AM - Jessica

High Low/Sculpt Fuse

5:30-6:30 PM - Jose

Zumba

6:30-7:30 PM - Amanda

Tuesday

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

Total Body HIIT

5:30-6:30 PM - Cindy

Yoga

6:30-7:30 PM - Tracy

Thursday

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 - Jose

High Yo

6:30-7:30 PM - Jenny

Friday

Zumba

9:00-10:00 AM - Tia

Total Body HIIT

5:00-6:00 PM - Jose

Saturday

Zumba

8:00-9:00 AM - Tia

Sculpt Fuse

9:00-10:00 AM - Jose

Boot Camp

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

Sunday

Strength & Stretch

9:00-10:00 AM - Cindy

Kettlebell

10:00-11:00 AM - Cindy

6783 N Milburn Fresno, CA 93722

559-448-9300

www.gb3clubs.com