



March West Aerobic Schedule

Monday

Zumba

9:00-10:00 AM - Jessica

Cardio Fuse

5:30-6:30 PM - Jose

Zumba

6:30-7:30 PM - Amanda

Tuesday

Zumba

9:00-10:00 AM - Tia

High Fitness

5:30-6:30 PM - Samantha

Zumba

6:30-7:30 PM - Amanda

Wednesday

Zumba

9:00-10:00 AM - Jessica

Total Body HIIT

5:30-6:30 PM - Alma

Cardio Fuse

6:30-7:30 PM - Jose

Thursday

Zumba

9:00-10:00 AM - Tia

Zumba

4:30-5:30 PM - Tia

Body Sculpt

5:30-6:30 PM - Shawnae

Yoga

6:30-7:30 PM - Shawnae/Eli

Friday

Zumba

9:00-10:00 AM - Tia

Saturday

Zumba

8:00-9:00 AM - Tia

Boot Camp

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

Yoga

11:00-12:00 PM - Shawnae/Eli

Sunday

Strength & Stretch

10:00-11:00 AM - Alma

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