November West Aerobic Schedule

Monday

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

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
Vinyasa Flow Yoga
6:30-7:30 PM - Graciela

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 - Cindy
High Yo
6:30-7:30 PM - Jenny

Friday

Zumba
9:00-10:00 AM - Tia
Total Body HIIT
5:00-6:00 PM - Shawnae

Saturday

Zumba
8:00-9:00 AM - Tia
Body Sculpt
9:00-10:00 AM - Shawnae
Dance Fitness
10:00-11:00 AM - Jessica

Sunday

Strength & Stretch
9:00-10:00 AM - Cindy
Kettlebell
10:00-11:00 AM - Cindy

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