August West Aerobic Schedules

Monday

Zumba
9:00-10:00 AM - Jessica
High Fitness
5:30-6:30 PM - Michelle S.

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

Thursday

Zumba
9:00-10:00 AM - Tia
Zumba
4:30-5:30 PM - Tia
Zumba
6:30-7:30 PM - Amanda

Friday

Zumba
9:00-10:00 AM - Tia

Saturday

High Fitness
8:00-9:00 AM - Samantha
Boot Camp
10:00-11:00 AM - Shawnae
Yoga
11:00-12:00 PM - Shawnae

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