Hayward Fitness Fanatics & Dance Experience Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2
									POWER PUMP		
			FIT HAPPENS						Jodi		
			Jodi						6:00-6:45		
			6:15-6:45								
						YOGA STRETCH					
						Nicole					
				STEP & TONE		7:30-8:30		**FITNESS MIX**		**ROTATING CLASS**	
			STEP EXPRESS	Nicole				Nicole		8:00-8:45	
			Brianna	8:00-8:45				8:00-8:45			
			8:15-8:45								
		CORE	**ITTY BITTY A**					**YOGA 101**			
		Joy	Brianna					Nicole			
ALL IN ONE		9:00-9:30	9:00-9:30	**FLOW YOGA**				9-10			
Nicole			**ITTY BITTY B**	Nicole							
9:30-10:15	**SENIOR CHAIR**		Brianna	9:30-10:30	**SENIOR CHAIR**						
	Jodi		9:45-10:15		Jodi						
	10-11				10-11						
		LUNCH BLITZ				**CORE YOGA EXPRESS**					
		Nicole				Nicole					
		12:30-1:00				12:30-1:00					
	TOTAL BODY TONE				**TOTAL BODY TONE**						
	Dan				Dan						
	2-2:45				2:00-2:45						
	Sparklers		**Spark Setters**								
Rhythm Rebels	Brianna		Leslie	**Creative Movers**	**Groove Masters**	**Hot Rockets A**	**Dancin Stars**	**Hot Rockets B**	**Jazzettes**		
Nicole	3:30-4:15	**Show Stoppers**	3:30-4:15	Amelia	Joy	Nicole	Amelia	Nicole	Leslie		
3:45-4:45		Nicole		3:45-4:15	3:45 - 4:45	3:45-4:45	3:45-4:15	3:45-4:45	3:45-4:45		
	ZUMBA	4:00-5:00	**Soul Shakers**	**Dazzlin Divas**							
	Brianna		Leslie	Amelia		**Creative Movers B**	**TABATA**	**TECHNIQUE**			
	4:30-5:15		4:30-5:30	4:30-5:00	**Luminators**	Amelia	Trista	Nicole			
HEATED YOGA		**FLOW YOGA**		**POWER PUMP**	Joy	4:50 - 5:20	4:45-5:15	4:45-5:45			
Nicole	**Jazzy Ladies**	Nicole		Jodi	5:00-6:00		**BARRE**				
5:15-6:15	Brianna	5:15-6:15	**Boogie Beats**	5:15-6:00		**Bomb Bellas**	Andrea				
	5:30-6:30 PM		Leslie			Nicole	5:30-6:15				
			5:45-6:45		**INTERVALS**	5:30-6:30					
Adult Dance					Joy						
6:30-7:30					6:15-7:00	**Pointe**					
						6:35-7:10					