



GROUP EXERCISE SCHEDULE

Effective JULY 2021

TIME	MON	TUES	WED	THURS	FRI	SAT
8:00 AM						
9:00 AM	WORLDANZ Basics w/Gina	Boot Camp w/Alicia 9:15-10:15	Power Core w/Amanda 9:15-10:15		Power Core w/Amanda 9:15-10:15	
10:00 AM	Power Circuit w/Gina		Adt/Yth Karate 10:30-11:30			Adt/Yth Karate 10:30-11:30
5:00 PM	Youth Karate 5:00-5:45		Youth Karate			
6:00 PM	Adult Karate 6:00-7:00	Adult Adv Karate 6:00-7:30	Adult Karate 6:00-7:00	Adult Adv Karate 6:00-7:00		
7:00 PM	ZUMBA w/Mireya 7:15-8:15		ZUMBA w/Alicia 7:15-8:15	WORLDANZ w/Amanda 7:15-8:15		CLASSES TBA
Castillo's Shotokan Karate	Adult Karate: \$30/month for BZ members, \$60/month for non-members Youth Karate: \$20/month for BZ members, \$40/month for non-members					

Classes are subject to change or cancellation without notice

Child Care

Mon - Thurs 8am - 1pm & 5pm - see child care room for closing hours

Fri 8am - 1pm

Club Hours

Mon - Fri 5am - 10pm

Sat 6am - 8pm / Sun 8am - 8pm

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FACEBOOK: BODY ZONE HEALTH AND FITNESS CLUB