	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 AM	INSANITY LIVE		INSANITY LIVE		HIPBOX
9:00 AM			ZUMBA	CORE DE FORCE LIVE	ZUMBA GOLD
10:00 AM				CYCLE	
10:30 AM	AQUA ZUMBA				AQUA ZUMBA
5:00 PM		ZUMBA		CORE DE FORCE LIVE	
5:30 PM			SH1FT		
6:00 PM		P90X LIVE			

INSTITUTE FOR HEALTY LIVING

ANYTIME FITNESS: KILGORE