

## Weekly Group Fitness Schedule- Starts September 6

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30		<b>Yoga</b>	<b>Cycle</b>	<b>Yoga</b>	<b>Yoga</b>	
9:15	<b>Extreme Circuit</b>	<b>Cardio Blast</b>	<b>Yoga*</b>	<b>Zumba</b>	<b>Power Pump</b>	
10:30	<b>Zumba</b>	<b>Tae Kwon Do</b>	<b>Cycle</b>	<b>Cardio Blast TKD</b>	<b>Cycle</b>	<b>Tae Kwon Do</b>
12:00	<b>Cycle</b>	<b>Zumba</b>	<b>Yoga Core</b>	<b>Cycle</b> <b>Bellydance</b>	<b>Yoga</b>	
17:30	<b>Cycle, Sculpt &amp; Tone</b> <b>Tae Kwon Do</b>	<b>Power Pump</b> <b>Zumba</b>	<b>Yoga</b> <b>Tae Kwon Do</b> <b>AquaFit</b>	<b>Power Pump</b> <b>Yoga</b>		

Tae Kwon Do will always run 1 hour and 15 minutes, \$10 per session

\*Wednesday morning yoga will run 9:00-10:15

Yoga Core- a yoga session with a pilates focus

Updated Aug 2010