



CLASS SCHEDULE VALLEY PLAZA

MON

TUE

WED

THUR

FRI

**9:00
AM**

**POWER
TRAINING**
Letizia
(TURF AREA)

**CARDIO
TONIC**
Blanca

**MIGHTY
BODY**
Mel



**5:30
PM**

**WEIGHT
& SEE**
Gabe



**MATWORK
FITNESS**
Erika



**POWER
TRAINING**
Letizia
(TURF AREA)

Classes Subject to Change.
Classes included in Membership.
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