








CLASS SCHEDULE IMPERIAL

	MON	TUE	WED	THUR	FRI	SAT
9:00 AM	 ZUMBA Ana	 STRONG NATION Blanca	 ZUMBA Ana	CARDIO TONIC Blanca		YOGA Gina
10:00 AM	WEIGHT & SEE Judy	BEGINNER STEP Lori	WEIGHT & SEE Judy	FIT65 Lori	WEIGHT & SEE Gabe	
6:00 PM	 ZUMBA Susana		HIIT Leah	 STRONG NATION Susana		
7:00 PM	MATWORK FITNESS Erika	MATWORK FITNESS Erika	YOGA Gina			

Classes Subject to Change.
Classes included in Membership.
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IMPERIAL HYBRID TRAINING CLASSES



MON

TUE

WED

THUR

FRI

SAT

4:40 AM
-
7 AM

CIRCUIT TRAINING

6:30 AM
-
7:30 AM

**CIRCUIT
TRAINING**

8:30
AM
-
9:30
AM

CIRCUIT TRAINING

11:30 AM
-
12:30
PM

CIRCUIT TRAINING

3:45
PM
-
4:45
PM

**TEEN CLASS
CIRCUIT TRAINING**

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