

VALLEY PLAZA FITNESS CLASS SCHEDULE

MONDAY

**POWER TRAINING**
(TURF)
Leticia 9 - 10 AM

**WEIGHT & SEE**
Gabe 5:30 - 6:30 PM

MAJOR
ATHLETICS GROUP
(TURF)
James 6 - 7 PM

TUESDAY

*sculpt and sweat*
Susana 9 - 10 AM

**ZUMBA**
FITNESS
Ana 5:30 - 6:30 PM

WEDNESDAY

CORE & KICKBOXING

Blanca 9 - 10 AM

*pilates network*
Erika 5:30 - 6:30 PM

MAJOR
ATHLETICS GROUP
(TURF)
James 6 - 7 PM

THURSDAY

*sculpt and sweat*
Susana 9 - 10 AM

**POWER TRAINING**
Leticia 10 - 11 AM

**ZUMBA**
FITNESS
Ana 5:30 - 6:30 PM

FRIDAY

**ZUMBA**
FITNESS
Ana 9 - 10 AM

**vinayasa YOGA**
Marcelle 10 - 11 AM

MAJOR
ATHLETICS GROUP
(TURF)
James 6 - 7 PM