

Highpointe Fitness Studio 2011 Fall Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:00 AM							7:00 AM
7:15 AM		YOGA		YOGA			7:15 AM
7:30 AM							7:30 AM
7:45 AM							7:45 AM
8:00 AM	MORNING BLEND CIRCUIT		TRX®		MORNING BLEND CIRCUIT	TRX®	MORNING BLEND CIRCUIT
8:15 AM		8:15 AM					
8:30 AM		8:30 AM					
8:45 AM		8:45 AM					
9:00 AM	FIT & FUN	BOUNCE!	FIT & FUN	BOUNCE!	FIT & FUN	BOUNCE!	9:00 AM
9:15 AM							9:15 AM
9:30 AM							9:30 AM
9:45 AM							9:45 AM
10:00 AM	PILATES WITH PROPS	ZUMBA®	PILATES WITH PROPS	ZUMBA®	PILATES WITH PROPS	ZUMBA®	10:00 AM
10:15 AM							10:15 AM
10:30 AM							10:30 AM
10:45 AM							10:45 AM
11:00 AM						MOMMY & ME ZUMBA®	11:00 AM
11:15 AM					11:15 AM		
11:30 AM					11:30 AM		
11:45 AM					11:45 AM		
4:00 PM							4:00 PM
4:15 PM							4:15 PM
4:30 PM	EXPRESSIONS IN DANCE						4:30 PM
4:45 PM							4:45 PM
5:00 PM							5:00 PM
5:15 PM							5:15 PM
5:30 PM	TINY DANCERS	TRX® + BOUNCE!	CHEER	TWIRLING			5:30 PM
5:45 PM							
6:00 PM							6:00 PM
6:15 PM							6:15 PM
6:30 PM							6:30 PM
6:45 PM	CARDIO SCULPT	ZumbAtomic® Lil' Starz	CARDIO SCULPT	ZumbAtomic® Big Starz			6:45 PM
7:00 PM							7:00 PM
7:15 PM							7:15 PM
7:30 PM	ZUMBA®	GLO ZUMBA®	ZUMBA®	ZUMBA® TONING	ZUMBA®		7:30 PM
7:45 PM							
8:00 PM							8:00 PM
8:15 PM							8:15 PM
8:30 PM							8:30 PM
8:45 PM							8:45 PM
9:00 PM	CLOSE						9:00 PM

TRX + BOUNCE! Classes are limited to the first 10 participants. Highpointe members have priority.

GLO ZUMBA - Wear white if you want to GLO!

MOMMY & ME ZUMBA - Bring your children 4 - 8 years old for a fun time together!