



PV WEEKLY CLASS SCHEDULE

6650 E. 2nd Street, Prescott Valley, AZ 86314 (928) 772-7359

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MMA Burn 8:15 AM (Bryan)		QWIK HIIT 8:30AM (Bryan) 30 Minutes	BODYSCULPT 9:00 AM (Tiger)		
BODYFIT 9:00 AM (Bryan)	PILATES 9:00 AM (Kit)	PiYo® 9:00 AM (Jessica)	PILATES 9:00 AM (Tiger)	STRONG by Zumba 10:00 AM (Tiger)		
YOGA All levels 11:30 AM (Shari)		YOGA All levels 11:30 AM (Sierra Mann)	BODYSCULPT 11:30 AM (Tiger)	ESSENTIAL YOGA All levels 11:30 AM (Tiger)		
BODYSCULPT 5:00 PM (Lauren)	ZUMBA® 6:00 PM (Tiger)	BODYFIT 5:30 PM (Christie)				
	TRIBAL YOGA 7:15 PM (Tiger)	Pound® 6:30 PM (Tiger)	ZUMBA® 6:00 PM (Emma)			

EFFECTIVE DATE: 01/14/2018