





















Pahrump Group Class Schedule

(Effective 03/01/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am-9:00am Step & Sculpt Room A - Connie	8:00am-9:00am BODY SCULPT Room A - Lisa	8:00am-9:00am Step & Sculpt Room A - Connie	8:00am-9:00am BODY SCULPT Room A - Lisa	8:00am-9:00am  ZUMBA FITNESS Room A - Mary	
9:30am-10:30am  Silver&Fit Room A - Terrie M	9:00am-10:00am Pilates  Room B - Liz	9:00am-10:00am YOGA STRETCH Room B - Chandini	9:00am-10:00am Pilates  Room B - Liz	9:30am-10:30am  Silver&Fit Room A - Terrie M	9:00am-10:30am Yoga Room B - Chandini
10:00am-11:30am Yoga Room B - Liz	9:00am-10:00am Tai Chi Room A - Paul	9:30am-10:30am  Silver&Fit Room A - Terrie M	9:00am-10:00am Tai Chi Room A - Paul	10:00am-11:30am Yoga Room B - Liz	
11:00am-11:45am  The Silver Sneakers Fitness Program Room A - Terrie M	10:10am-10:55am  Beginning The Silver Sneakers Fitness Program	11:00am-11:45am  The Silver Sneakers Fitness Program Room A - Terrie M	10:10am-10:55am  Beginning The Silver Sneakers Fitness Program	11:00am-11:45am  The Silver Sneakers Fitness Program Room A - Terrie M	
Noon-1:00pm CARDIO SCULPT Room A - Lisa	11:00am-Noon  ZUMBA FITNESS Room A - Mary	Noon-1:00pm Cardio Mix Room A - Lana	11:00am-12:00pm Line Dancing  Room A - Terri R	Noon-1:00pm Cardio Power Room A - Lana	
	4:00pm-5:30pm Beginning Yoga Room B - Liz	5:30pm-6:30pm  ZUMBA FITNESS Room A - Alma	4:00pm-5:30pm Beginning Yoga Room B - Liz		
5:30PM-6:30PM  ZUMBA FITNESS Room A - Alma	6:00pm-7:00pm KICKBOXING  Room A - Irais	6:30pm-8:00pm Yoga Room B - Chandini	6:00pm-7:00pm KICKBOXING  Room A - Irais		
6:45pm-7:45pm Heart Core 		6:45pm-7:45pm Heart Core 