



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MMA BURN 8:00am Bryan		QWIK HITT 8:00am Bryan		
STRONG® 9:00am Tiger	PILATES 9:00am Kit	PiYo® 9:00am Jessica	PILATES 9:00am Tiger	BODYSCULPT 9:00am Tiger	BODYSCULPT 10:00am Lauren
YOGA 11:30am Sierra		YOGA 11:30am Tiger	BODYSCULPT 11:30am Tiger/Heather	YOGA 11:30am Shari	
BODYSCULPT 5:00pm Lauren		BODYFIT 5:30pm Christie			
CARDIO HIP-HOP 6:15pm Heather	Hip-Hop/Zumba® 6:15pm Heather	POUND® 6:30pm Tiger	ZUMBA® 6:15pm Tiger		
	TRIBAL YOGA 7:15pm Tiger				