



Class Schedule for Loft

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am Move and Groove with Shayna/Beth		8:00 am Move and Groove with Shayna/Beth		8:00 am Move and Groove with Shayna/Beth
8:30 am Body Basics with Irene		8:30 am Body Basics with Irene		8:30 am Body Basics with Irene
9:30 am Body Basics with Irene		9:30 am Body Basics with Irene		9:30 am Body Basics with Irene
12:00 pm – 1:00 pm Move and Groove with Shayna/Beth		12:00 pm – 1:00 pm Core Works Pilates with Beth		12:00 am – 1:00 pm Move and Groove with Shayna/Beth
5:30 pm Boom Move with Audrey (IN STUDIO)	5:30 pm Zumba with Audrey		5:30 pm Boom Move with Audrey	
6:00 pm Boom Toning with Audrey (IN STUDIO)			6:00 pm Boom Toning with Audrey	