Movers & Shakers Fitness Club Class Schedule

Classes Subject to Change

Monday

5:15 a.m.-6 a.m.: Boot camp

6:15 a.m.-7 a.m.: Boot camp

5:30 p.m.-6:30 p.m.: Cardio Dance Blast

6:45-7:45 p.m.: Beginners Basics

8-8:45: Boot Camp

Tuesday

6:30a.m.-7:30 a.m.: Beginners Basics

8-8:45: 24-Fit

Wednesday

5:15 a.m.-6 a.m.: Boot camp

6:15 a.m.-7 a.m.: Boot camp

5:30 p.m.-6:30 p.m.: Cardio Dance Blast

6:45-7:45 p.m.: Beginners Basics

8-8:45: Boot Camp

Thursday

5:15 a.m.-6 a.m.: Boot camp

6:15 a.m.-7 a.m.: Boot camp

5:30 p.m.-6:30 p.m.: Cardio Dance Blast

6:45-7:45 p.m.: Beginners Basics

8-8:45: Boot Camp

Friday

6:30a.m.-7:30 a.m.: Beginners Basics

5:30 p.m.-6:30 p.m.: Cardio Dance Blast

6:45-7:45 p.m.: Beginners Basics

Saturday

10 a.m.- 11 a.m.: 24-Fit