

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
	7am-745am CIZE ® LIVE ...CARDIO HIP HOP CLASS FOR ALL FITNESS LEVELS	7am-745am CIZE ® LIVE ...CARDIO HIP HOP CLASS FOR ALL FITNESS LEVELS	7am-745am CIZE ® LIVE ...CARDIO HIP HOP CLASS FOR ALL FITNESS LEVELS	
	7pm-750pm Adult Tap!!! must have a pair of tap shoes ;)	715pm-8pm Adult Hip Hop!! Open level Beginner- Intermediate Fun for all!!		10AM-1045AM CIZE®LIVE CARDIO HIP HOP CLASS FOR ALL FITNESS LEVELS!!
8pm-850pm Cardio and Weights Calorie Burn...Bring light pair of weights mat, towel, water		8pm-850pm CIZE ® LIVE ...CARDIO HIP HOP CLASS FOR ALL FITNESS LEVELS	**815PM-915** ADULT JAZZ!!!! OPEN TO ALL ADULTS!!! need a pair of jazz shoes .. can use socks for trial!!	

PLEASE.... DEDICATE A PAIR OF SNEAKERS FOR INDOOR USE FOR ALL DANCE  
& FITNESS CLASSES!!!  
BRING A BOTTLE OF WATER!!