



CLASS SCHEDULE

WWW.SUPERFITNESSLA.COM

/ 2023

MONDAY 5:00AM-9:00PM	TUESDAY 5:00AM-9:00PM	WEDNESDAY 5:00AM-9:00PM	THURSDAY 5:00AM-9:00PM	FRIDAY 5:00AM-8:00PM	SATURDAY 8:00AM-2:00PM
5:15 AM - 6:15 AM BOOT CAMP		5:15 AM - 6:15 AM BOOT CAMP		7:00 AM - 8:00 AM WATER AEROBICS	
9:00 AM - 10:00 AM WATER AEROBICS	9:00 AM - 10:00 AM WATER AEROBICS	9:00 AM - 10:00 AM WATER AEROBICS	9:00 AM - 10:00 AM WATER AEROBICS		8:00 AM - 9:00 AM RYTHM-N-RIDE
	10:30 AM - 11:30 AM SILVER SNEAKERS	10:30 AM - 11:30 AM CHAIR YOGA	10:30 AM - 11:30 AM SILVER SNEAKERS	10:00 AM - 11:00 AM CHAIR YOGA	8:30 AM - 9:30 AM AQUA BURN
5:30 PM - 6:30 PM RHYTHM-N-RIDE		5:30 PM - 6:30 PM RHYTHM-N-RIDE			9:00 AM - 10:00 AM ZUMBA
6:00 PM - 7:00 PM AQUA BURN		6:00 PM - 7:00 PM AQUA BURN		6:00 PM - 7:00 PM AQUA BURN	
6:30 PM - 7:30 PM XTREME HIP HOP		6:30 PM - 7:30 PM XTREME HIP HOP	6:30 PM - 7:30 PM TEMPLE FIT CAMP		

