

MIDLAND SPORTS COMPLEX

	MON	TUES	WED	THURS	FRI		SAT
6:00 AM	HUSTLE	HUSTLE	HUSTLE	HUSTLE	HUSTLE	7:00AM	HUSTLE
7:00 AM	ACTIVE SENIORS		ACTIVE SENIORS		ACTIVE SENIORS	8:00AM	CORE FUSION
7:45 AM		ZUMBA GOLD		ZUMBA GOLD			
8:00 AM	ACTIVE SENIORS		ACTIVE SENIORS		ACTIVE SENIORS	9:15AM	PUMP
9:00 AM	PILATES PUMP	HUSTLE	BOOTY WORX 30	HUSTLE	KONGA EXPRESS		
9:45 AM			PUMP		PUMP		
10:00AM	CORE FUSION	PILATES		PILATES			
11:00 AM		ACTIVE SENIORS YOGA	ACTIVE SENIORS	YOGA	ACTIVE SENIORS		
12:15 PM	YOGA	HUSTLE 30		HUSTLE 30			
5:00 PM	PILATES			PILATES			
5:30PM		KONGA	PUMP 45		PUMP 45		
6:00 PM	YOGA				PUMP 45		
6:30 PM		PUMP 45 YOGA					
6:30 PM			PILATES				
7:00 PM	MEDITATION			YOGA			

