

# CLUB:24

CONCEPT GYMS

## GROUP X TIME

### MONDAY

ZUMBA

9AM

REDLINE

NOON

SHRED 30

12:30PM

SCULPT/CHISEL

5PM

REDLINE

5:30PM

ZUMBA

6PM

YOGA

7PM

### TUESDAY

YOGA

5PM

REDLINE

6PM

SCULPT/CHISEL

6:30PM

ZUMBA

7PM

### WEDNESDAY

YOGA

9AM

ZUMBA

NOON

SHRED 30

4:30PM

REDLINE

5PM

ZUMBA

5:30PM

### THURSDAY

SCULPT/CHISEL

4:30PM

REDLINE

5PM

YOGA

5:30PM

ZUMBA

6:30PM

### SATURDAY

SCULPT/CHISEL

8AM

REDLINE

8:30AM

ZUMBA

9AM

YOGA

10AM

REDLINE

11AM

SHRED 30

11:30AM

### SUNDAY

ZUMBA

8AM

YOGA

9AM