



Body Sculpting | Silver Sneakers | Abs | Zumba

2011

Weekly Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
KickBoxing @ 6:00am	6:00am EXTREME w/ Mauri	KickBoxing @ 6:00am :	6:00am EXTREME w/ Mauri	9:00am EXTREME w/Shannon	ZUMBA 9:00am With: Laura B.	CLOSED
Zumba @ 9:00am With:Shannon	4:30pm EXTREME w/Shannon	Zumba @ 9:00am With:Shannon	4:30pm EXTREME w/Shannon			
SilverSneakers @ 12pm With: Candy Davidson	Abs and Glutes @ 5:30 pm With: Candy Davidson	SilverSneakers @ 12pm With: Candy Davidson	Abs and Glutes @ 5:30 pm With: Candy Davidson	6:00pm EXTREME w/Mauri	10:00am EXTREME w/Mauri	
BodySculpt @ 5:30pm With:Melissa	Zumba @ 6:00pm With:Laura	BodySculpt @ 5:30pm With:Melissa	Zumba @ 6:00pm With:Laura			
Zumba @ 6:30pm With:Shannon	7:15pm EXTREME w/Mauri	Zumba @ 6:30pm With:Shannon	7:15pm EXTREME w/Mauri			
<p>*Classes can change at any time without prior notice. Please see the front desk for more information or visit our website: www.TheBodyFactoryHealthandFitness.com Hours: Monday thru Thursday – 5 am to 9 pm, Friday – 5 am to 8 pm, Saturday – 8 am to 2 pm, Sunday – Closed Address: 10785 South US Hwy 441, Belleview, FL 34420 – Phone: 352-347-7041</p>						