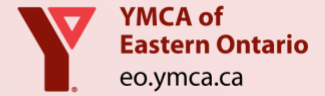


SHAC Group Fitness

Effective: November 21, 2022



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

5:30-6:20pm
Kettlebell Kraze

5:30-6:20pm
Zumba

4:30-5:20pm
CSI

12:30-1:20pm
Cycle & Sculpt

12:30-1:20pm
Gentle Stretch

6:30-7:20pm
Tabata

