

KTAC Land Fitness Schedule

Fall 2017

(Classes subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pilates 12:30pm-1:15pm Summer		Pilates 8:15am-9:00am Summer		
					Yoga 8:00am-9:00am Judy
					Zumba© 9:15am-10:15am Shauna
SilverSneakers Classic® 10:45am-11:30am Lori	Yoga 11:15am-12:15pm Sarah	SilverSneakers Classic® 10:45am-11:30am Lori	Yoga 11:15am-12:15pm Sarah	SilverSneakers Classic® 10:45am-11:30am Lori	
Yoga 5:15pm-6:15pm Sarah		Yoga 5:15pm-6:15pm Sarah			
Zumba© 6:30pm-7:30pm Shauna		Zumba© 6:30pm-7:30pm Shauna			