

# KTAC Land Fitness Schedule

Effective November 15, 2017

(Classes subject to change)

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Smart Group 8:00-9:00am Dave		Smart Group 8:00-9:00am Dave			Yoga 8:00-9:00am Judy
	Pilates 8:15-9:00am Summer		Pilates 8:15-9:00am Summer		
On the Ball 9:15-10:00am Dave	TRX 9:15-10:00am Dave	On the Ball 9:15-10:00am Dave	TRX 9:15-10:00am Dave		Zumba™ 9:15-10:15am Shauna
	Body Mechanics 10:15-11:00am Dave		Body Mechanics 10:15-11:00am Dave		
SilverSneakers Classic® 10:45-11:30am Lori		SilverSneakers Classic® 10:45-11:30am Lori		SilverSneakers Classic® 10:45-11:30am Lori	
	Yoga 11:15-12:15pm Sarah		Yoga 11:15-12:15pm Sarah		
Yoga 5:15-6:15pm Sarah		Yoga 5:15-6:15pm Judy			
	Zumba™Toning 5:30-6:30pm Olga				
Zumba™ 6:30-7:30pm Shauna		Zumba™ 6:30-7:30pm Shauna			