



KTAC Land Fitness Schedule

Effective: 26 June 2018

(Classes Subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Smart Group 8:00-9:00 <i>Dave</i>		Smart Group 8:00-9:00 <i>Dave</i>		Smart Group 8:00-9:00 <i>Member Led</i>	Yoga 8:00-9:00 <i>Judy</i>
	Tai Chi 8:15-9:00 <i>Roger</i>		Tai Chi 8:15-9:00 <i>Roger</i>		
On the Ball 9:15-10:00 <i>Dave</i>	TRX® 9:15-10:00 <i>Dave</i>	On the Ball 9:15-10:00 <i>Dave</i>	TRX® 9:15-10:00 <i>Dave</i>		Zumba® 9:15-10:00 <i>Shauna</i>
	Body Mechanics 10:15-11:00 <i>Dave</i>		Body Mechanics 10:15-11:00 <i>Dave</i>		
SilverSneakers® Classic 10:45-11:30 <i>Lori</i>		SilverSneakers® Classic 10:45-11:30 <i>Lori</i>		SilverSneakers® Classic 10:45-11:30 <i>Lori</i>	
	Yoga 11:15-12:15 <i>Sarah</i>		Yoga 11:15-12:15 <i>Sarah</i>		
Yoga 5:15-6:15 <i>Sarah</i>		Yoga 5:15-6:15 <i>Judy</i>			
	Power Up! 5:30-6:30 <i>Misty</i>				
Zumba® 6:30-7:30 <i>Shauna</i>		Zumba® 6:30-7:30 <i>Shauna</i>			

