

## PLATYPUS GROUP FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>MONDAY TOTAL BODY 5:45-6:50 AM</b>	<b>SPIN &amp; ABS 6-6:50AM</b>	<b>TOTAL BODY 6-6:50AM</b>	<b>SPIN &amp; ABS 6-6:50AM</b>		
	<b>SILVER SNEAKERS YOGA 8-8:50AM</b>	<b>MAT PILATES 8-8:50AM</b>	<b>SILVER SNEAKERS I 8-8:50AM</b>	<b>MAT PILATES 8-8:50AM</b>		
	<b>STEP 9-10 AM</b>	<b>ZUMBA 9-9:50AM</b>	<b>STEP 9-10 AM</b>	<b>ZUMBA 9-9:50AM</b>	<b>STEP 9-10 AM</b>	<b>MAT PILATES 9-9:50AM</b>
	<b>YOGA 10:10-11:30AM</b>	<b>SILVER SNEAKERS II 10-10:50AM</b>	<b>YOGA 10:10-11:30AM</b>	<b>SILVER SNEAKERS YOGA 10-10:50AM</b>	<b>YOGA 10:10-11:30AM</b>	
	<b>TOTAL BODY 5:30-6:20PM</b>	<b>TOTAL BODY 5:30-6:20PM</b>	<b>TOTAL BODY 5:30-6:20PM</b>	<b>TOTAL BODY 5:30-6:20PM</b>		
	<b>YOGA 6:30-7:20PM</b>		<b>YOGA 6:30-7:20PM</b>			