



2080 North Trekell Road - Casa Grande 85122

(520)836-0613

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45AM		Cycle Express Conrad		Cycle Express Nicole D.		
7:30AM	Yoga Jessica M.					
8:00AM		SilverSneakers® Classic Gabriele		SilverSneakers® Classic Gabriele		Yoga Nicole D.
9:00AM	Indoor Cycling		Indoor Cycling	Indoor Cycling	Indoor Cycling	Indoor Cycling
9:00AM	SilverSneakers® Classic Gabriele	Zumba Belinda		Zumba Gold Juanita	SilverSneakers® Classic Gabriele	
10:00AM	SilverSneakers® Circuit Gabriele		SilverSneakers® Circuit Gabriele		SilverSneakers® Circuit Gabriele	Zumba Krissa
5:30PM		Yoga Nicole D.		Yoga Jessica M.		
6:30 PM		Zumba Maria O.	Zumba Suzie			
6:30PM	Indoor Cycling Conrad	Indoor Cycling	Indoor Cycling	Indoor Cycling		