



2080 North Trezell 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 | Zumba Belinda | 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 | | |