

Royalty Fitness Schedule

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Winter



<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
8:00-9:00am Functional Training Body Sculpting With Cardio	9:00-9:45am Aquasize 4:30-5:30pm Body Works 5:30-6:30pm Yoga	5:30-6:30am Functional Training /Body Sculpting Without Cardio 9:00-9:45am Aquasize 4:30-5:30pm Zumba Fusion	8:30-9:30am Zumba Fusion 9:30-10:30am Flex N' Stretch 4:30-5:30pm Legs, Butt, Pump & Gut 5:30-6:30pm Body Works	5:30-6:30am Functional Training Body Sculpting No Cardio 9:00-9:45am Aquasize 4:30-5:30pm Cardio Kick Box & Sculpt 5:30-6:30pm Yoga Flow Dance 6:30-7:30pm Zumba	5:30-6:30am Cardio Kick Box (no sculpting) 8:30-9:30am Zumba Kick N' Fusion 9:30-10:30am Flex N' Stretch	8:00-9:00am Zumba/ Kickbox (no toning)

