



| Time/Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|---------------------|---------------------|---------------------|---------------------|---------------------|--------------|
| 6:00 AM | Fundamental Fitness | | Fundamental Fitness | | Fundamental Fitness | |
| 6:30 | 6-7AM | | 6-7AM | | 6-7AM | |
| 7:00 | | | | | | |
| 7:30 | | | | | | |
| 8:00 | | | | | | |
| 8:30 | | | | | | |
| 9:00 | Yoga Fusion | Total Fitness | Yoga Fusion | Total Fitness | Yoga Fusion | Buns & Guns |
| 9:30 | 9-10AM | 9-10:15AM | 9-10AM | 9-10:15AM | 9-10AM | 9-10AM |
| 10:00 | | | | | | |
| 10:30 | Hula Hoop | Yoga Sculpt | Yoga Sculpt | Stretch & Relax | Chair Flow | Step Class |
| 11:00 | 10:15 - 11:15 | 10:30-11:30AM | 10:15 - 11:15 | 10:30-11:30AM | 10:15-11:15 | |
| 11:30 | | | | Yoga Sculpt | | |
| 12:00 PM | | | | 11:30AM- 12:30 PM | | Martial Arts |
| 12:30 | | | | | | 12-1PM |
| 1:00 | Strength Training | | Strength Training | | Strength Training | |
| 1:30 | 1-2PM | | 1-2PM | | 1-2PM | |
| 2:00 | | | | | | |
| 2:30 | | | | | | |
| 3:00 | | | | | | |
| 3:30 | | | | | | |
| 4:00 | Stretch&Relax | Tumbling | | | | |
| 4:30 | 4-5PM | 4-5PM | Martial Arts | | | |
| 5:00 | | Tumbling | 4:30-5:30PM | Martial Arts 5-6PM | Zumba | |
| 5:30 | Yoga Fusion | 5-6PM | Yoga Fusion | Zumba 5:30-6:30 | 5-6PM | |
| 6:00 | 5:30-6:30PM | Fundamental Fitness | 5:30-6:30PM | Fundamental Fitness | | |
| 6:30 | Buns & Guns | Gentle Yoga 6-7PM | Buns & Guns | 6-7PM | | |
| 7:00 | 6:30-7:30PM | Cross Circuit | 6:30-7:30PM | Cross Circuit | | |
| 7:30 | Zumba | 7-8PM | | 7-8PM | | |
| 8:00 | 7:30-Close | | | | | |

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