



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	Hula Hoop		Yoga Sculpt		Chair Flow	Step Class
10:30	10:15-11:15AM		10:15-11:15AM	Stretch & Relax	10:15	10:15
11:00		Yoga Sculpt		10:30-11:30AM	11:15AM	11:15AM
11:30		10:45-11:45 AM		Yoga Sculpt		Pound Fitness
12:00 PM				11:30AM- 12:30 PM		11AM-12PM
12:30						Martial Arts
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 &	Tumbling				
4:30	Relax 4-5	4-5PM	Martial Arts			
5:00			4:30-5:30PM	Martial Arts 5-6PM	Zumba	
5:30	Yoga Fusion	Tumbling	Yoga Fusion	Zumba 5:30-6:30	5-6PM	
6:00	5:30-6:30PM	5-6PM	5:30-6:30PM			
6:30	*Buns & Guns	Fundamental Fitness 6-7PM	*Buns & Guns	Fundamental Fitness		
7:00	6:30-7:30PM	Gentle Yoga 6-7PM	6:30-7:30PM	6-7PM		
7:30	Zumba	Cross Circuit	Pound Fitness	Cross Circuit		
8:00	7:30-Close	7-8PM	7:30-8PM	7-8PM		

\* Summer Only - Buns & Guns will be held outside at 6PM (Weather Permitting). Please call with questions if interested.

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www.lakesiderehab.com