



Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Fundamental Fitness		Fundamental Fitness		Fundamental Fitness +	
6:30	6-7AM		6-7AM		&Cycling 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	9-10AM	9-10AM	9-10AM	9-10AM	9-10AM
10:00	Hula Hoop		Yoga Sculpt		Chair Flow	Ballet Ages 4-6
10:30	10:15-11:15AM		10:15-11:15AM	Stretch & Relax	10:15	10:15
11:00				10:15-11:15AM	11:15AM	11:15AM
11:30						
12:00 PM	Tai-Chi	Yoga Sculpt		Yoga Sculpt	Tai-Chi	Martial Arts
12:30	12-1PM	12-1PM		12-1PM	12-1PM	12-1PM
1:00	Strength Training		Strength Training		Cycling	
1:30	1-2PM		1-2PM		1-2PM	
2:00						
2:30						
3:00						
3:30			Jazz Dance		Tap Dance Ages 4-6	
4:00	Stretch&Relax	Tumbling	3:30-4:30PM	Cycling	3:30-4:30PM	
4:30	4-5PM	4-5PM	Martial Arts	4-5PM		
5:00	4:30-5:30 PM	Tumbling	4:30-5:30PM	Tumbling 5-6	Martial Arts	
5:30	Yoga Fusion	5-6PM	5-6PM	5-6PM	Zumba	
6:00	5:30-6:30PM	Fundemetal	5:30-6:30PM	5:30-6:30	5-6PM	
6:30	Buns & Guns	Fitness 6-7PM	Buns & Guns	Fundamental Fitness		
7:00	6:30-7:30PM	Family	6:30-7:30PM	&Cycling 6-7PM		
7:30	Zumba	Yoga 6-7PM	Dance It Out	Cross Circuit		
8:00	7:30-Close	Cross Circuit	7:30-Close	7-8PM		
		7-8PM				

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