

Group Fitness Schedule—Winter as of 1/2/13

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8:30am Bootcamp	5:30am Bootcamp	5:30am Bootcamp	5:30am Bootcamp	5:30am Bootcamp	5:30am Bootcamp	8:30am Bootcamp
9:30am Kickboxing	9:30am Bootcamp	9:30am Kickboxing	9:30am Bootcamp	9:30am Kickboxing	9:30am Bootcamp	9:30am Kickboxing
10:30am Spinning						10:30am Spinning
11:30am Girls Fit/ Sport		3:30pm Girls Fit/ Sport		3:30pm Girls Fit/ Sport		11:30am Girls Fit/ Sport
	5:30pm Kickboxing	5:30pm Kickboxing	5:30pm Kickboxing	5:30pm Kickboxing	5:30 Kickboxing	
	6:30pm Bootcamp	6:30pm Bootcamp	6:30pm Kickboxing	6:30pm Bootcamp	6:30pm Bootcamp	
	7:30pm Spinning	7:30pm Zumba Ibeth	7:30pm Spinning	7:30pm Zumba Ibeth	7:30pm Spinning	

Ladimax Sports and Fitness
www.ladimaxsportsfitness.com

Girls Class Schedule:
Tues/Thurs: 3:30pm

Classes listed are held in studio. Girls Fit/Sport use both court and studio.

Additional classes will be updated as they are added