



Located in Marketplace Mall
311 Miracle Mile Drive (near Dick's Sporting Goods and Dave & Buster's)

www.bounceaerobics.com

****EFFECTIVE Thursday, January 4th, 2018****

MONDAY

5:45PM	PIYO® LIVE	CHRISTINE
6:30PM	ZUMBA®	CHRISTINE
7:30PM	**STRENGTH	CHRISTINE

TUESDAY

12:00PM	**ZUMBA®	GEORGIA
5:00PM	P90X® LIVE	CINDY
5:45PM	INSANITY®	CINDY
6:30PM	**ZUMBA®	SHEILA

WEDNESDAY

12:00PM	**STRENGTH	GEORGIA
5:45PM	CORE DE FORCE® LIVE	CHRISTINE
6:30PM	ZUMBA®	MARIA & CHRISTINE
7:30PM	**STRENGTH	MARIA

New to group fitness classes? Look for the (**) next to the name of the class. All classes on our schedule are suitable for all fitness levels but these are the best fit for newer exercisers.

THURSDAY

12:00PM	**ZUMBA TONING®	GEORGIA
5:00PM	TURBO KICK®	DANNY
5:45PM	CIZE® LIVE	CHRISTINE
6:30PM	PIYO® LIVE	CHRISTINE

FRIDAY

9:30AM	CORE DE FORCE® LIVE	CHRISTINE
6:30PM	**ZUMBA®	GEORGIA & MARIA
7:30PM	*15 MIN ABS	GEORGIA

SATURDAY

9:00AM	TURBO KICK®	ERICA
9:45AM	PIYO® LIVE	ERICA & NIKI

SUNDAY

9:30AM	**RED WARRIOR™	MARIA
10:15AM	ZUMBA®	MARIA
11:15AM	CORE DE FORCE/ STRENGTH	MARIA

All classes are 45 or 60 minutes in length unless otherwise noted. 15 minute classes are noted with an (*) and are free if attending the class prior or after.