

Mustang Fitness Center Group Exercise Schedule - Fall/Winter 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spin* 5:45a - 6:50a			Spin* 5:45a - 6:50a		Empowered 8a - 9a
		Find Your Strong 6:15a - 7:15a		Tri Group* 5:45p -7:15p	Strong 8a - 9a
	In & Out 8a-9a				Piloxing 9a - 10a
Empowered 3:30p - 4:30p	Martial Arts Fitness 3:30p - 4:30p	Empowered 3:30p - 4:30p	In & Out 8a - 9a		
Tri Group* 5:05p - 7:15p	Zumba/Zumba Toning 5:35p - 6:35p	Yoga 4:45p - 5:45p	Martial Arts Fitness 5:05p - 5:55p	Zumba 4p - 5p	
Zumba 6:15p - 7:15p	PiYo 6:45p - 7:30p	Strong 6p - 7p	Zumba 6p - 7p		
		Zumba 7p - 8p			