

LIFE Vision Schedule

Month: **May**



Healthy Living Solutions for Women

Club Hours

Mon-Thur 8:00 am-8:00pm

Fri 8:00 am-6:00 pm

Sat 8:00am-1:00pm

Closed daily from 1-2:30

BOOT CAMP 8:40 AM M,W,F

672-4238

BOOT CAMP 8:40 M,W,F

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM	Cardio Kicks	On The Step	Butt & Gutts	Band Challenge	Ball& Mat Pilates II	Latin Groove
8:30AM	Circuit Boot Camp	ABC-Arms Back Chest	Circuit Boot Camp	Ball Boot Camp	Circuit Boot Camp	Ball & Mat Pilates
9:00AM	Low & Go	Caliente Dance	Step & Low Combo	American Band Dance	Caliente Dance	Kickn' Boot Camp
9:30AM	American Band Dance	Ball Boot Camp	American Band Dance	Long & Lean	Ball Boot Camp	BLT
10:00AM	Long & Lean	Band Challenge	Long & Lean	Yoga -Total Body	Gentle Stretch	Ball Boot Camp
10:30AM	Stretch & Sculpt	Cardioball Low	Ball Boot Camp	Cardio Kicks	Long & Lean	Step & Sculpt
11:00AM	Pilates on the Floor	Stretch & Sculpt	Yoga -Total Body	Stretch & Sculpt	Low & Go	Cardio Kicks
11:30AM	Butt & Gutts	Sizzling Salsa	Latin Groove	Caliente Dance	Stretch & Sculpt	Caliente Dance
12:00PM	On The Step	Step & Sculpt	Discover Yoga	Gentle Stretch	American Band Dance	Core Challenge
12:30PM	Gentle Stretch	Ball & Mat Pilates	Core Challenge	Low & Go	Pilates Flow	Discover Yoga

CLOSED FROM 1:00 PM-2:30 PM DAILY

2:30PM	Cardioball Low	Ball Boot Camp	Steppin' Right Left	BLT	Cardioball Low	cardio
3:00PM	Core Challenge	Caliente Dance	Low & Go	Cardioball Low	Cardio Kicks	core
3:30PM	Low & Go	Steppin' Right Left	Cardioball Low	American Band Dance	Discover Yoga	mind & body
4:00PM	On The Step	Step & Sculpt	Ball & Mat Pilates	Low & Go	Steppin' Right Left	
4:30PM	Ball Boot Camp	On The Step	Long & Lean	Stretch & Sculpt	Sizzling Salsa	
5:00PM	Stretch & Sculpt	Cardio Kicks	Ball Boot Camp	Kickn' Boot Camp	Butt & Gutts	
5:30PM	Cardio Kicks	ABC-Arms Back Chest	Band Challenge	Ball& Mat Pilates II	Cardioball Low	
6:00PM	Ball & Mat Pilates	Ball & Mat Pilates	Discover Yoga	Long & Lean		
6:30PM	Kickn' Boot Camp	Butt & Gutts	Caliente Dance	ABC-Arms Back Chest		
7:00PM	Pilates on the Floor	Latin Groove	Kickn' Boot Camp	Gentle Stretch		
7:30PM	Long & Lean	Discover Yoga	Burn & Tone	Caliente Dance		

HOURS

Mon, Wed Fri

7:00am-1:00pm

2:30pm-8:00pm

Tuesday & Thursday

8:00am-1:00pm

2:30pm-7:00pm

Saturday

8:00am-1

HOURS

Mon, Wed Fri

7:00am-1:00pm

2:30pm-8:00pm

Tuesday & Thursday

8:00am-1:00pm

2:30pm-7:00pm

Saturday

8:00am-1:00pm