

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00		BCC		BCC		BCC	
8:30-9:30			STEP/FIT BALL		STEP/FIT BALL		
9:30-10:00							STEP TOTALLY TORSO
9:30-10:30		PILATES		PILATES		PILATES	
10:45-11:45		FIT HAPPENS		FIT HAPPENS		FIT HAPPENS	
12:00-12:45			SILVER & FIT		SILVER & FIT		
2:00-3:45							
4:30-5:15		ZUMBA		URBAN STEP			
5:00-6:00			PILATES		PILATES		
5:15-6:00		URBAN STEP					
6:00-6:45							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							

Vital Fitness Hours:

Mon thru Thursday – 5am-11pm // Friday – 5am-9pm // Saturday- 7am-9pm // call: 588-1111