

Palm Springs Fitness Center Class Schedule



Palm Springs Fitness Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM						
8:00AM	*Boot Camp		*Boot Camp		*Boot Camp	
8:30AM	Circuit Training	Circuit Training	Circuit Training	Circuit Training	Circuit Training	
9:00AM	Zumba	Yoga	Zumba	Yoga	Zumba	
10:00AM						
10:15AM		Zumba		Zumba		Zumba
11:00AM	Zumba Toning		Zumba Toning		Zumba Toning	
5:00PM		Yoga	Yoga	Yoga		
6:00PM	*Boot Camp		*Boot Camp		*Boot Camp	
6:30PM						
7:00PM						

**See Front Desk for Details and Pricing