

Club Hours:
M-R-5A-9P
Fri-5A-8p
Sat-8A-5P
Sun-9A-3P



Brandon GF Schedule

813-661-0033

shapesfitnessforwomen.com

Kids Club Hours:
M-R- 8:30-12P
5:00P-8P
Fri- 8:30-12P
Sat-8:30-12P

AQUA FITNESS-WATER SHOES & TOWEL ARE REQUIRED FOR CLASS (SIGN UP 30 MIN. PRIOR)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15A	<u>Cardio Waves</u> Ann	<u>Challenger</u> Sibilla	<u>Aqua Bata</u> Collene	<u>Aqua Volleyball</u>	<u>Cardio Combat</u> Sheila	<u>water motion</u> Ann	<u>Cardio Waves</u> Ann
10:00A 10:15A 10:30A	<u>10:15A</u> <u>Aqua Volleyball</u>	<u>10:00A</u> <u>Barre-a-Cuda</u> Sibilla	<u>10:30A</u> <u>Aqua Volleyball</u>	<u>10:30A</u> <u>Power Waves</u> Susan	<u>10:15A</u> <u>Aqua Fit</u> Sheila	<u>10:30A</u> <u>Aqua Volleyball</u>	
11:45A	<u>Fitzone</u> Sheila						
6:00P				<u>Aqua Fit</u> Lisa			
6:15P	<u>SEASIDE ZUMBA</u> Tatiana	<u>Power Waves</u> Linda	<u>water motion</u> Ilia			<u>*CLASSES ARE</u> <u>45</u> <u>MINUTES</u>	