



Fall 2021

Knightsville Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00a - 10:00a ZUMBA		9:00a - 10:00a AMPD BURN		9:30a - 10:30a WERQ
5:30p - 6:30p WERQ		5:30p - 6:30p POWER HOUR			