

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Hours: 7:00am-7:00pm Monday - Friday</p> <p>Ph:928-871-7870 www.nnsdp.org</p>				<p>1 <u>12:10-12:50pm</u> Ball Play w/Bryan Indoor cycle w/Paul <u>1:10pm-1:50pm</u> Zumba w/Evelyn <u>5:00-7:00pm</u> Ladies Night <u>5:30-6:30pm</u> Core Trng. w/Paul <u>5:30-6:30pm</u> Indoor cycle w/Lena</p>
4	<p><u>12:10-12:50</u> Ab class w/Bryan Indoor cycle w/Paul <u>1:10pm-1:50pm</u> Zumba w/Evelyn <u>5:30-6:30pm</u> Step Aerobics w/J.T.</p>	5	6	7	8
		<p><u>12:10-12:50</u> Zumba w/Peggy Indoor cycle w/Lena <u>1:10-1:50pm</u> Core trng. w/Paul <u>5:10-6:00pm</u> Step Aerobics w/Hattie <u>6:10-6:50pm</u> Kickboxing w/Tyrone Yoga w/Bonnie</p>	<p><u>12:10-12:50pm</u> Ab class w/Bryan Indoor cycle w/Paul <u>1:10pm-1:50pm</u> Zumba w/Evelyn <u>5:10-6:00pm</u> Full body w/Bryan <u>5:30-6:30pm</u> Indoor cycle w/Lena <u>6:10-6:50pm</u> X- trng. w/Paul</p>	<p><u>9:10-9:50am</u> Sr.Chair Aerobics w/Evelyn <u>12:10-12:50pm</u> Zumba w/Peggy Indoor cycle w/Evelyn 5k walk/run w/Bryan/Darwin <u>1:10-1:50pm</u> X- trng. w/Paul <u>5:10-6:00pm</u> Step Aerobics w/J.T. <u>6:10-6:50pm</u> Kickboxing w/Tyrone Yoga w/Bonnie</p>	<p><u>12:10-12:50pm</u> Ball Play w/Bryan Indoor cycle w/Paul <u>1:10pm-1:50pm</u> Zumba w/Evelyn <u>5:00-7:00pm</u> Ladies Night <u>5:30-6:30pm</u> Core Trng. w/Paul Indoor cycle w/Elfrieda</p>
11	<p><u>12:10-12:50</u> Full Body w/Bryan Indoor cycle w/Paul <u>1:10pm-1:50pm</u> Zumba w/Evelyn <u>5:30-6:30pm</u> Indoor cycle w/Evelyn Step Aerobics w/J.T</p>	12	13	14	15
		<p><u>9:10-9:50am</u> Sr.Chair Aerobics w/Paul <u>12:10-12:50</u> Zumba w/Peggy Indoor cycle w/Lena <u>1:10-1:50pm</u> Core trng. w/Paul <u>5:10-6:00pm</u> Step Aerobics w/Hattie <u>6:10-6:50pm</u> Kickboxing w/Tyrone Yoga w/Bonnie</p>	<p><u>12:10-12:50pm</u> Ab class w/Bryan Indoor cycle w/Paul <u>1:10pm-1:50pm</u> Zumba w/Evelyn <u>5:30-6:50pm</u> Zumba w/Evelyn</p>	<p><u>12:10-12:50pm</u> Zumba w/Peggy Indoor cycle w/Evelyn 5k walk/run w/Bryan/Darwin <u>1:10-1:50pm</u> x- trng. w/Paul <u>5:10-6:00pm</u> Step Aerobics w/J.T. <u>6:10-6:50pm</u> Kickboxing w/Tyrone Yoga w/Bonnie</p>	<p><u>12:10-12:50pm</u> Ball Play w/Bryan Indoor cycle w/Paul <u>1:10pm-1:50pm</u> Zumba w/Evelyn <u>5:00-7:00pm</u> Ladies Night <u>5:30-6:30pm</u> Zumba w/Evelyn</p>
18	<p><u>12:10-12:50</u> Full Body w/Bryan Indoor cycle w/Paul <u>1:10pm-1:50pm</u> Zumba w/Evelyn <u>5:30-6:30pm</u> Indoor cycle w/Evelyn Step Aerobics w/J.T</p> 	19	20	21	22
		<p><u>12:10-12:50</u> Zumba w/Peggy Indoor cycle w/Lena <u>1:10-1:50pm</u> Core trng. w/Paul <u>5:10-6:00pm</u> Step Aerobics w/Hattie <u>6:10-6:50pm</u> Kickboxing w/Tyrone Yoga w/Bonnie</p>	<p><u>12:10-12:50pm</u> Ab class w/Bryan Indoor cycle w/Paul <u>1:10pm-1:50pm</u> Zumba w/Evelyn <u>5:30-6:30pm</u> Indoor cycle w/Lena Zumba w/Evelyn</p>	<p><u>9:10-9:50am</u> Sr.Chair Aerobics w/Bryan <u>12:10-12:50pm</u> Zumba w/Peggy Indoor cycle w/Evelyn 5k walk/run w/Bryan/Darwin <u>1:10-1:50pm</u> X-trng. w/Paul <u>5:10-6:00pm</u> Step Aerobics w/J.T. <u>6:10-6:50pm</u> Kickboxing w/Tyrone Yoga w/Bonnie</p>	<p><u>12:10-12:50pm</u> Ball Play w/Bryan Indoor cycle w/Paul <u>1:10pm-1:50pm</u> Zumba w/Evelyn <u>5:00-7:00pm</u> Ladies Night <u>5:30-6:30pm</u> Strength Conditioning w/Lena Indoor cycle w/Elfrieda</p>
25	<p><u>12:10-12:50</u> Full Body w/Bryan Indoor cycle w/Paul <u>1:10pm-1:50pm</u> Zumba w/Evelyn <u>5:30-6:30pm</u> Indoor cycle w/Paul Step Aerobics w/J.T</p>	26	27	28	29
		<p><u>9:10-9:50am</u> Sr.Chair Aerobics w/Evelyn <u>12:10-12:50</u> Zumba w/Peggy Indoor cycle w/Lena <u>1:10-1:50pm</u> Core trng. w/Paul <u>5:10-6:00pm</u> Step Aerobics w/Hattie <u>6:10-6:50pm</u> Kickboxing w/Tyrone Yoga w/Bonnie</p>	<p><u>12:10-12:50pm</u> Ab classw/Bryan Indoor cycle w/Paul <u>1:10pm-1:50pm</u> Zumba w/Evelyn <u>5:10-6:00pm</u> Full body w/Bryan <u>5:30-6:30pm</u> Indoor cycle w/Lena <u>6:10-6:50pm</u> X-trng. w/Paul</p>	<p><u>12:10-12:50pm</u> Zumba w/Peggy Indoor cycle w/Evelyn 5k walk/run w/Bryan/Darwin <u>1:10-1:50pm</u> X-trng. w/Paul <u>5:30-6:50pm</u> Women's Self Defense Class w/Tyrone <u>6:10-6:50pm</u> Yoga w/Bonnie</p>	<p><u>12:10-12:50pm</u> Ball Play w/Bryan Indoor cycle w/Paul <u>1:10pm-1:50pm</u> Zumba w/Evelyn <u>5:00-7:00pm</u> Ladies Night <u>5:30-6:30pm</u> Core trng. w/Paul Indoor cycle w/Elfrieda</p> 