MOVE 2 LOSE CLASSES						
	MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**	**SATURDAY**
MORNING		Highwoods Aerobics 10.00 – 11:00am	Shrub End Aerobics 10:00 – 11:00am		Shrub End Fitness Pilates 10:00 – 11:00am	Shrub End Aerobics 9:00 – 10:00am
AFTERNOON						
EVENING	Shrub End Aerobics 6:00 – 7:00pm		Highwoods Fitness Pilates 6:30 – 7:30pm	Highwoods Aerobics 6:30 – 7:30pm		

CLASSES AT SHRUB END

CLASSES AT HIGHWOODS