

Ron Zalko Fitness & Yoga Group Exercise Schedule

PLEASE BRING YOUR OWN YOGA MATS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15 – 9:15 AM	Power Yoga	Flow Yoga	Hatha Yoga	Power Yoga	Flow Yoga		
9:30 – 10:30 AM	Core Conditioning	RZ Low	Total Body Training	Total Body Conditioning	RZFB		
10:30 AM						RZC Workout	
						CLUB HOURS	
5:00 – 6:00 PM	Pilates	Power Yoga	Pilates	Pilates		MON – THURS	8 AM – 8 PM
6:00 – 7:00 PM	Power Yoga	Pump & Sweat	Zumba	RZ Dance Sculpt		FRIDAY	8 AM – 8 PM
7:00 – 8:00 PM	RZ Dance Sculpt	Yoga Fusion	Hatha Yoga	TABATA		SAT	10 AM – 5 PM
						SUN	Closed

Ron Zalko Total Body Fitness & Yoga

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