

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	Flow Yoga	Power Yoga	Power Yoga	Hatha Yoga	Flow Yoga		
9:30 – 10:30 AM	Core Conditioning	RZ Sculpt HIIT	Total Body Training	Total Body Conditioning	RZ Fat Burner		
10:30 - 11:30 AM						RZ Workout	
11:30 -12:00 PM						*Karate Kids 3-7	
12:00-1:00 PM						*Karate	
1:00-2:00 PM						*Focused Karate	
4:00pm – 5:00pm	*Focused Karate	*Focused Karate	*Focused Karate	*Focused Karate	*Focused Karate	CLUB HOURS	
5:00 – 6:00 PM	Zumba	Power Yoga	Zumba	Pilates	*Karate	MON – THURS	6 AM – 9 PM
6:00 – 7:00 PM	Flow Yoga	Pump & Stretch	*Karate	RZ Sculpt Dance	*Focused Karate	FRIDAY	6 AM – 8 PM
7:00 – 8:00 PM	RZ Sculpt Dance	Core Yoga	Hatha Yoga	Tabata	*Focused Karate	SAT	9 AM – 6 PM
						SUN	9 AM – 5 PM
						*Class Fees Apply	