



Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lady Fit 9am	Yoga w/ Lesley 9:15am 4:30pm 6:15pm	Lady Fit 9am Yoga w/ Lesley 9:15am Belly Dancing 6 - 7pm	Yoga w/ Lesley 9:15am 4:30pm 6:15pm	Lady Fit 9am Yo-Lates 9:15am	Yoga w/ Lesley 9:15am 4:30pm 6:15pm Zumba - 10.45am - 12.15	Yoga w/ Lesley 9:15am

Lady Fit - Contact: Julie Klein | 954-732-9700

Yoga - Contact: Lesley | 954-492-1214 | capalupa@aol.com

Zumba - Contact: Jacqueline Amendola | 954-415-1710 | floridazumbaclasses.com

Belly Dancing - Contact: Ashira | 954-642-172 | ashirabellydancer.com