

SPARTA GROUP EXERCISE SCHEDULE

DAYS	7:30AM-8:30AM	8:00AM-9:00AM	8:30PM-9:30PM	6:00PM-7:00PM	7:00PM-8:00PM	7:30PM-8:30PM
MONDAY	BOLLYWOOD			YOGA		High Intensity Interval Training
TUESDAY		YOGA		ABT		ZULBA
Wednesday		Functional TRAINING		YOGA		BOLLYWOOD
THURSDAY	BOLLYWOOD		4 GR 63 SIFILIT	Functional TRAINING	BOKWA	
FRIDAY	BOLLYWOOD			YOGA		
SATURDAY	YOGA		CORE WORKOUT	ABT CLASS		
SUNDAY				CORE WORKOUT		