



Brookside's  
*Fit For Her*  
Class Schedule

**Monday:**

5:15pm - 6:00pm	Kickboxing	Bernadette
6:00pm - 6:30pm	Gutts & Butts	April
6:30pm - 7:15pm	Turbo Kick	Aisha

**Tuesday:**

9:00am - 9:45am	Body Sculpt	Bernadette
5:30pm - 6:20pm	Zumba	Bernadette /Jennifer
6:30pm - 7:30pm	The Yoga Workout	Jackie

**Wednesday:**

5:15pm - 6:00pm	Turbo Kick	Aisha
6:00pm - 6:30pm	Gutts & Butts	April
6:30pm - 7:30pm	The Yoga Workout	Jackie

**Thursday:**

5:15pm - 6:00pm	Body Sculpt	April
6:00pm - 6:45pm	Kickboxing	Jennifer

**Friday:**

9:00am - 9:45am	Body Sculpt	Bernadette
5:30pm - 6:20pm	Zumba	Bernadette/Jennifer

**Saturday:**

10:40am - 12 noon	The Yoga Workout	Jackie
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*Classes are FREE with gym membership!*