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| **BURN****8:00-9:30****Anna** | **STEP 8:00-9:00 Anna** | **BALL BLITZ 8:00-9:00 Kasie** | **T.N.T****8:00-9:00****Kasie** | **KICK & SCULPT 8:00-9:30 Anna** |  |
|  | **TONE & SCULPT****9:00-9:30****Anna** | **T.N.T. 9:00-10:00 Kasie** | **YOGA 9:30-10:30 Chelsea** |  | **YOGA 9:30-11:00 Chelsea** |
|  |  |  |  |  | **ZUMBA****11:15-12:15****ROSY** |
| **AQUA AEROBICS 10:00-11:00 Chelsea** |  | **AQUA AEROBICS 10:00-11:00 Chelsea** |  | **AQUA AEROBICS 10:00-11:00 Chelsea** | **AQUA AEROBICS 11:15-12:15 Chelsea** |
| ***~WOMEN’S WELLNESS AND FITNESS CENTER: 94-530 UKEE STREET WAIPAHU HI,96797~*****HOURS OF OPERATION:MON-FRI:5:00AM-9:00PM~SAT:9:00AM-5:00PM~SUN:CLOSED****CONTACT: (808)-680-0092 FAX: (808)-680-0010****EMAIL:doubleyoutoo@gmail.com****WEBSITE:** [**http://w2fitnesscenter.weebly.com/**](http://w2fitnesscenter.weebly.com/)**FOLLOW US ON FACEBOOK:WomenswellnessFitnesscenter** |
|  |  |  |  |  |  |
|  | **ZUMBA****5:15-6:15****ROSY** | **HI LOW AEROBICS 5:00-6:30 Art** | **BODY BAR SCULPT 5:00-5:30 Anna** | **KICK & SCULPT 5:00-6:30 Anna** |  |
| **HIGH ENERGY 5:30-7:00 Anna** |  |  | **W.2. SWEAT 5:40-6:40 Anna** |  |  |
| **AQUA AEROBICS 6:00-7:00 Chelsea** | **AQUA AEROBICS 6:30-7:30 Chelsea** |  |  |  | **Updated on****4/01/13** |

**Pamela’s Gym D.B.A** ****