

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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

Pamela's Gym D.B.A

