

TheFitnessFu ion.com

STUDIO A

Mon	5:30 am	Zumba	w/ Donna
Mon	9:00 am	Zumba	w/ Blondina
Mon	10:00 am	Zumba	w/ Donna
Mon	5:30 pm	Zumba	w/ Eileen
Mon	6:30 pm	Zumba	w/ Ashley
Mon	7:45 pm	Zumba	w/ Shannon
Tues	5:30 am	Zumba	w/ Lorna
Tues	10:00 am	Zumba	w/ DeDe
Tues	4:30 pm	Zumba	w/ DeDe
Tues	5:30 pm	Zumba	w/ DeDe
Tues	6:30 pm	Zumba	w/ Trace Belew
Wed	5:30 am	Zumba	w/ Donna
Wed	9:00 am	Zumba	w/ Blondina
Wed	10:00 am	Zumba	w/ Tracy V
Wed	5:30 pm	Zumba	w/ Eileen
Wed	6:30 pm	Zumba	w/ Tracy Verner
Wed	7:45 pm	Zumba	w/ Ashley

Thurs	5:30 am	Zumba	w/ Lorna
Thurs	10:00 am	Zumba	w/ Ashley
Thurs	11:15am	Zumba Toning	w/ Ashley
Thurs	4:30 pm	Zumba 30/30	w/ DeDe
Thurs	5:30 pm	Zumba	w/ Andre
Thurs	6:30 pm	Zumba	w/ Trace Belew
Thurs	7:45 pm	Zumba	w/ Holly
Fri	5:30 am	Zumba	w/ Donna
Fri	10:00 am	Zumba	w/ Ashley
Fri	5:45 pm	Zumba	w/ Trace Belew
Fri	7:00 pm	Zumba	w/ Tracy Verner
Fri	8:15 pm	Zumba	w/ Ashley
Sat	8:00 am	Zumba	w/ Lorna
Sat	9:00 am	Zumba	w/ Trace Belew
Sat	10:15 am	Zumba	w/ Tracy Verner
Sun	9:00 am	Zumba	w/ Trace Belew
Sun	10:15 am	Zumba	w/ Jenny
Sun	5:00pm	Zumbatomic	w/ Marcia
Sun	5:00pm	Zumba	w/ Ashley

STUDIO B

Mon	6:00 am	Bootcamp Challenge	
Mon	10:00am	Bootcamp Challenge	
Mon	5:30 pm	Zumba Breakdown	w/ Katie
Mon	6:30 pm	Zumbatomic	w/ Eileen
Tues	9:00 am	Kickboxing	w/ Pam
Tues	5:30 Pm	Zumba Toning	w/ Ashley
Tues	7:45 pm	Zumba	w/ Diana
Wed	6:00 am	Bootcamp Challenge	
Wed	10:00am	Bootcamp Challenge	
Wed	5:30pm	Z Fit Club	w/ Tracy Verner
Wed	6:30pm	Zumba Toning	w/ DeDe
Fri	6:00am	Bootcamp Challenge	
Fri	10:00am	Bootcamp Challenge	
Sat	9:00am	Z Fit Club	w/ Tracy Verner
Sat	10:15 am	Zumba Toning	w/ DeDe



ZUMBA[®]
FITNESS

The Fitness Fuzion
925 Hwy K O'Fallon, MO 63366
636-294-7720
www.TheFitnessFuzion.com