

Ron Zalko Fitness & Yoga Group Exercise Schedule

Beginning September 23, 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15 – 9:15 AM	Flow Yoga	Power Yoga	Power Yoga	Hatha Yoga	Flow Yoga		
9:00 – 10:00 AM						RZ Workout	
9:30am – 10:30am	Core Conditioning	RZ Dance Sculpt & HIIT	Total Body Training	Total Body Conditioning	Functional & Endurance Training		
10:00 – 11:00 AM						Pilates Mat & Ball	
10:00 AM -11:00 AM						Spin Class	
11:00AM-12:00 PM						KARATE 11AM-12PM	
4:00 – 5:00pm						CLUB HOURS	
5:00 – 6:00 PM	ZUMBA	Power Yoga	ZUMBA	Pilates		MON –THURS	6 AM – 9 PM
6:00 – 7:00 PM	Power Yoga with Weights	Athletic Interval Training	KARATE	Step & Strength	KARATE	FRIDAY	6 AM – 8 PM
7:00 – 8:00 PM	RZ Sculpt & HIIT	Core Yoga	Pilates	Vinyasa Yoga		SAT SUN	9 AM – 6 PM
8:00 – 9:00 PM			Deep Stretch				9 AM – 5 PM