

Ron Zalko Fitness & Yoga Group Exercise Schedule

Fall and Winter Schedule starting from September 4, 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15 – 9:15 AM	Flow Yoga	Power Yoga	Power Yoga	Hatha Yoga	Flow Yoga		
9:30 – 10:30 AM	Core Conditioning	RZ Dance Sculpt	Total Body Training	Total Body Conditioning	Functional & Endurance Training	RZ Work out	
10:00 – 11:00 AM						Spin Class	
11:00 AM -12:00 PM						*KARATE	
12:00-1:00 PM						*KARATE	
1:00-2:00 PM						*KARATE	
4:00 – 5:00pm					*KARATE	CLUB HOURS *class fee apply	
5:00 – 6:00 PM	Zumba	Power Yoga	Zumba	Pilates	*KARATE	MON – THURS	6 AM – 9 PM
6:00 – 7:00 PM	Power Yoga with Weights	RZ Athletic Step	*KARATE	Functional & Endurance Training	*KARATE	FRIDAY	6 AM – 8 PM
7:00 – 8:00 PM	RZ Dance Sculpt	Core Yoga	Flow Yoga	Vinyasa Yoga	*KARATE	SAT SUN	9 AM – 6 PM 9 AM – 5 PM
8:00 – 9:00 PM			*KARATE				