



MORNINGS - SEPTEMBER 2018

Mon	Tue	Wed	Thu	Fri	Sat
 30-DAY PLANK CHALLENGE DAY 1. 20 sec DAY 16. 2 min DAY 2. 20 sec DAY 17. 2 min DAY 3. 30 sec DAY 18. 2 min 30 sec					LOCATION: MOJITOS 1 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
FREE FOR STUDIO JEAR PATRONS! SEPT 2018 FITNESS CHALLENGE! WORK THOSE ABS!					
3 LET'S TAKE A BREAK! CLOSED 	4	5 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 	6 	7	8 LOCATION: MOJITOS *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
10 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 	11	12 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 	13	14	15 LOCATION: MOJITOS *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
17 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 			20	21	22 LOCATION: MOJITOS ☆10:00 am – 12:00pm 2 HOUR ZUMBA FITNESS JAM! *special event* LOCATION: MOJITOS! Join us at Jacksonville's #1 Nightspot!
24 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 	25	26 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 	27	28	29 LOCATION: MOJITOS *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR SALSA NIGHT OUT! Ask for details! All are welcome *must be 21 years of age*
				We know this is an evening class but we just had to let you know because it is FREE! ☆ FREE & OPEN TO THE PUBLIC! ☆ Yeah...you've been watching STRONG long enough!	
				STRONG by Zumba™ 6:00pm to 7:00pm (HIIT Program) ALL INSTRUCTOR MEDLEY	

STUDIO JEAR GROUP FITNESS SATELLITE LOCATIONS: