



Wellness-Fitness



Class Schedule

EPA Potomac Yard

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:45 a.m.		Step-n-Sculpt	Yogalates	Body Sculpt	
7:30 a.m.		Just Abs		Just Abs	
11:00 a.m.			Body Sculpt		
11:45 a.m.	Just Abs	Cardio Kickboxing	Just Abs	Aero/Step or Zumba	Just Abs
12:00 p.m.	Body Sculpt		Body Sculpt		Body Sculpt
1:00 p.m.	Power Flow Yoga		Yoga		
4:30 p.m.			Zumba		
5:30 p.m.		Just Abs		Just Abs	
5:45 p.m.		Body Sculpt		Cardio Kickboxing	

[EPA Potomac Yard Home](#)