



2023 Fitness Class Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
9:15 AM							
10:00 AM							
10:15 AM							
1:00 pm							
5:15 PM			'Yoga Basics' For All Levels				
6:00 PM				Strength & Endurance			
6:30 PM							

BodyZone Fitness Center
6991 Hillsdale Court
Indianapolis, IN, 46250