



ESC OPEN HOUSE CLASS SCHEDULE

9-9:30am 10.10.10 with Joanna

9:45-10:15am Cycle with Christi

10:30-11am Aqua-Fit with Holly

11:15-11:45am Barre with Amy

12-12:30pm Zumba with Wynn

12:45-1:15pm Boxing with Wendy

1:30-2pm Roll & Release with Junko

2:15-2:45pm Tai Chi with Tamara