

# Fitness Class Schedule

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sun.</u>
6:00 – 7:00 AM			6:30-7:30 Group Cycle				
7:00 - 8:00	Group Cycle  7:30-8:00 Tabata	TRX	7:30 to 8:00 Tabata		Group Cycle  7:30 to 8:00 Tabata		
8:00 - 9:00	Fit n Flexible	Fit n Flexible	Hump Day	Fit n Flexible	Groove and Tone	Fit n Flexible	
9:00 - 10:00	H2O Aerobics	Cardio/Strength Interval 9:00-9:45	H2O Aerobics Fire and Flow		9:00—10:00 Yoga-All Level  H2O Aerobics		
9:15 - 10:00	After-burn Fire and Flow 9:30-10:30		Stretch Express (9:00-9:30)	After-burn			
10:00 - 11:00		Sports Stretch 9:45-10:30	Gentle Yoga	Core 10:00-10:30	Meditation 10:00-10:30	Zumba	
10:30 -1:30		Tai Chi		Balance and Stretch	Gentle Yoga 10:45-11:45		
11:00 - 2:00	Yin Yoga					Reformer	
1:00 - 2:00			Circuit Training				
3:00 - 4:00	Fit n Flexible		Fit n Flexible				
4:00 - 5:00		Pilate Mat (all levels)		Pilate Mat (all levels)			
4:30 - 6:00 PM	Yoga (4:30-6:00)						