

CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am	Insanity	Indoor Cycling		Indoor Cycling		
8:00am	Indoor Cycling	Body Sculpt	Indoor Cycling	Body Sculpt	Zumba level 1-2	Body Sculpt
8:00am			Insanity			Indoor Cycling
9:00am		Indoor Cycling		Indoor Cycling		
9:15am	Zumba & Toning level 3-4	Zumba level 3-4	Zumba level 3-4	Zumba level 3-4	Hatha Yoga	Body Sculpt
10:30am	SilverSneaker.Circuit	Senior Sculpt	SilverSneaker Yoga	SilverSneaker.Circuit		
11:45am	SilverSneaker Circuit					
11:45am	SilverSneakers Classic			SilverSneakers Classic		
4:45pm	Body Sculpt		Body Sculpt			
5:15pm				Insanity Express		
5:30pm		Insanity				
6:00pm	Pilates		Zumba level 3-4	Vinyasa Yoga		
6:00pm	Indoor Cycling		Indoor Cycling			

CHILD CARE HOURS

MON	7:50-10:30 am	4:30-7:15 pm
TUE	7:50-10:30 am	4:30-7:15 pm
WED	7:50-10:30 am	4:30-7:15 pm
THU	7:50-10:30 am	4:30-7:15 pm
FRI	7:50-10:30 am	NO EVENING CHILDCARE
SAT	7:45-10:30 am	NO EVENING CHILDCARE