

CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am						
8:00am		Body Sculpt	Total Body Training	Body Sculpt	Zumba	Body Sculpt
8:00am	Indoor Cycling					
8:30am						
9:00am		Indoor Cycling		Indoor Cycling		
9:15am	Complete Floor Barre	Zumba	Insanity	Fit Dance	Hatha Yoga	Indoor Cycling
10:30am	Senior Cardio Circuit	Senior Sculpt	Senior Yoga	SilverSneaker Circuit		
11:45am	Senior Cardio Circuit			SilverSneaker Clasic		
11:45am	SilverSneaker Clasic					
4:45pm	Body Sculpt		Insanity			
5:15pm						
5:30pm						
6:00pm	Indoor Cycling	Vinyasa Yoga	Zumba	Vinyasa Yoga		
6:00pm						
CHILD CARE HOURS						
MON	7:50-10:30 am	4:30-6:30 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	NO EVENING CHILDCARE				
FRI	7:50-10:30 am	NO EVENING CHILDCARE				
SAT	7:45-10:30 am	NO EVENING CHILDCARE				
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