CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am	Total Body Conditioning	Indoor Cycling		Indoor Cycling		
8:00am		Body Sculpt	Total Body Conditioning	Body Sculpt	Zumba	Indoor Cycling
8:00am	Indoor Cycling		Indoor Cycling			Body Sculpt
8:30am						
9:00am		Indoor Cycling		Indoor Cycling		Body Sculpt
9:15am	Zumba	Zumba	Zumba	Zumba	Hatha Yoga	
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						
5:30pm						
6:00pm	Pilates	Vinyasa Yoga	Zumba	Vinyasa Yoga		
6:00pm	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	7:45-10:15 am	NO EVENING CHILDCARE