

## CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am						
8:00am		Body Sculpt	Total Body Training	Body Sculpt	Zumba	
8:00am	Indoor Cycling					Body Sculpt
8:30am						
9:00am		Indoor Cycling		Indoor Cycling		
9:15am	Complete Floor Barre	Pilates	Barre	Cardio Dance Fusion	Hatha Yoga	Indoor Cycling
10:30am	Senior Cardio Circuit	Senior Sculpt	Senior Yoga	SilverSneaker Circuit		
11:45am	Senior Cardio Circuit					
11:45am	Senior Classic			SilverSneakers Classic		
4:45pm	Body Sculpt					
5:15pm						
5:30pm						
6:00pm		Vinyasa Yoga	Zumba	Rocket Yoga		
6:00pm			Indoor Cycling			

## CHILD CARE HOURS

<b>MON</b>	<b>7:50-10:30 am</b>	<b>4:30-6:30 pm</b>
<b>TUE</b>	<b>7:50-10:30 am</b>	<b>4:30-7:15 pm</b>
<b>WED</b>	<b>7:50-10:30 am</b>	<b>4:30-7:15pm</b>
<b>THU</b>	<b>7:50-10:30 am</b>	<b>NO EVENING CHILDCARE</b>
<b>FRI</b>	<b>7:50-10:30 am</b>	<b>NO EVENING CHILDCARE</b>
<b>SAT</b>	<b>7:45-10:30 am</b>	<b>NO EVENING CHILDCARE</b>

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