

CLASS SCHEDULE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|-----------------------|----------------|----------------|------------------------|------------|-------------|
| 6:00am | | | | | | |
| 8:00am | | Body Sculpt | Dirty 30 | Body Sculpt | Zumba | |
| 8:00am | Indoor Cycling | | Indoor Cycling | | | |
| 8:30am | | | | | | Body Sculpt |
| 9:00am | | Indoor Cycling | | Indoor Cycling | | |
| 9:15am | Rhythm & Reps | Zumba | Core Express | Zumba | Hatha Yoga | |
| 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 | Vinyasa Yoga | | |
| 6:00pm | | | | | | |

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 |

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