

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	Complete Floor Barre	Cardio Dance Fusion	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		Vinyasa Yoga	Zumba	Rocket 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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