| CLASS SCHEDULE | | | | | | |
|--|-----------------------|--------------------|---------------------|-----------------------|-------------|----------------|
| T11.45 | | | | | | |
| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 6:00am | | Dody Coulet | Total Dady Training | Dady Cardat | 7 l | Dady Caylot |
| 8:00am | landa ay Oyalia a | Body Sculpt | Total Body Training | Body Sculpt | Zumba | Body Sculpt |
| 8:00am | Indoor Cycling | | | | | |
| 8:30am | | La da a a Ocalia a | | landa an Orralina | | |
| 9:00am | Computate Floor Borre | Indoor Cycling | la canita : | Indoor Cycling | Lletha Vera | Indees Cyalina |
| 9:15am 10:30am | Complete Floor Barre | Zumba | Insanity | Zumba | Hatha Yoga | Indoor Cycling |
| 11:45am | Senior Cardio Circuit | Senior Sculpt | Senior Yoga | SilverSneaker Circuit | | |
| | Senior Cardio Circuit | | T . | SilverSneaker Clasic | I | |
| 11:45am | SilverSneaker Clasic | | la canita | | | |
| 4:45pm | Body Sculpt | | Insanity | | | |
| 5:15pm | | | | | | |
| 5:30pm | Indoor Cyaling | Vinyaga Vaga | Zumba | Vinyaga Vaga | | |
| 6:00pm 6:00pm | Indoor Cycling | Vinyasa Yoga | Zuiliba | Vinyasa Yoga | | |
| 0.00pm | | | | | | |
| | | | | | | |
| 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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