

## 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 Core       | Zumba                 | 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  |                |                     | Quick Silvers         |            |                |
| 4:45pm  | Body Sculpt           |                | Body Sculpt         |                       |            |                |
| 5:15pm  |                       |                |                     |                       |            |                |
| 5:30pm  |                       |                |                     |                       |            |                |
| 6:00pm  |                       | Vinyasa Yoga   | Zumba               | Vinyasa Yoga          |            |                |
| 6:00pm  | Indoor Cycling        |                | Indoor Cycling      |                       |            |                |

## CHILD CARE HOURS

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

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