

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		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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