



























| | Time | Class | Studio | Instructor | | Time | Class | Studio | Instructor |
|------------------|------------------|--|-----------------|------------|-----------------|------------------|---|-----------------|--------------|
| Monday | 6:00 AM |  LES MILLS BODYPUMP | A | Wendy | Tuesday | 5:45am |  SPINNING | Spinning Studio | Scott |
| | 9:00 AM |  LES MILLS BODYCOMBAT | A | Luz | | 9:00 AM | GRIT | A | Kelly |
| | 10:15 AM |  LES MILLS BODYPUMP | A | Luz | | 9:45 AM (45 min) | Triple Threat | A | Jen |
| | 9:30 AM |  SPINNING | Spinning Studio | Melissa | | 10:45 AM | Yoga - All Levels | A | Karen |
| | 5:30 PM (45 min) |  LES MILLS BODYPUMP | A | Mandy | | 12:00 PM | Pilates Mat | A | Kayne |
| | 5:30 PM |  SPINNING | Spinning Studio | Mark | | 5:30 PM |  LES MILLS BODYPUMP | A | Mandy |
| | 6:30pm | Tabata Circuit | A | Robert | | 6:30 PM | Yoga - All Levels | Yoga Room | Karen |
| | Time | Class | Studio | Instructor | | Time | Class | Studio | Instructor |
| Wednesday | 5:45AM |  SPINNING | Spinning Studio | Mark | Thursday | 5:30AM |  SPINNING | Spinning Studio | Michele |
| | 6:00 AM |  LES MILLS BODYPUMP | A | Wendy | | 8:45 AM | GRIT | A | Kelly |
| | 9:00 AM |  LES MILLS OXWORX | A | Toria | | 9:30 AM |  LES MILLS BODYPUMP | A | Kelly |
| | 9:30 AM |  SPINNING | Spinning Studio | Melissa | | 10:45 AM | Yoga - All Levels | A | Karen |
| | 10:00AM |  LES MILLS BODYPUMP | A | Toria | | 12:00 PM | Pilates Mat | A | Kayne |
| | 5:30PM | 30 Minute Tabata Circuit | A | Robert | | 5:30 PM |  LES MILLS BODYPUMP | A | Angel |
| | 5:30PM |  SPINNING | Spinning Studio | Michele | | 6:30 PM |  LES MILLS BODYATTACK | A | Angel/Angela |
| | 6:15pm |  LES MILLS BODYCOMBAT | A | Angel | | 6:30PM | Yoga - All Levels | Yoga Room | Karen |
| | Time | Class | Studio | Instructor | | Time | Class | Studio | Instructor |
| Friday | 6:00AM |  LES MILLS BODYPUMP | A | Claudia | Saturday | 8:30 AM | GRIT | A | Angel |
| | 9:00 AM |  LES MILLS BODYCOMBAT | A | Angel | | 8:30 AM |  SPINNING | Spinning Studio | Priscilla |
| | 9:30 AM |  SPINNING | Spinning Studio | Michele | | 9:00 AM |  ZUMBA | A | Angel |
| | 10:15 AM |  LES MILLS BODYPUMP | A | Angel | | 10:00 AM |  LES MILLS BODYPUMP | A | Angel |

| | Time | Class | Studio | Instructor | SENIOR CLASS SCHEDULE |
|------------------|----------|-----------------------|---------|------------|------------------------------|
| MONDAY | 9:30AM | Water -Aerobics | Pool | Gaby | |
| | 11:30 AM | Silver Sneaker Yoga | Yoga RM | Karen | |
| TUESDAY | 1:30pm | Line Dancing | A | Brenda | |
| WEDNESDAY | 9:30AM | Water -Aerobics | Pool | Gaby | |
| | 12:30pm | Senior Cardio | A | Linda S. | |
| THURSDAY | 1:30pm | Senior Cardio | A | Linda S. | |
| FRIDAY | 9:30AM | Water -Balance & Flex | Pool | Andrea P. | |
| | 11:15pm | Senior Yoga | Yoga RM | Linda L. | |

Schedules subjected to change at anytime.