

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 am	Spinning <i>Studio C</i>		Spinning <i>Studio C</i>				
8:00 am	Body Challenge <i>Studio A</i>	Fit For All <i>Studio A</i>	Body Challenge <i>Studio A</i>	Fit For All <i>Studio A</i>	Body Challenge <i>Studio A</i>		
9:00 am						Zumba <i>Studio A</i>	
9:30 am	Yoga <i>Studio A</i> Aqua Tone <i>Activity Center</i>	Mindful Movement <i>Studio A</i> Spinning <i>Studio C</i>	Yoga <i>Studio A</i> Aqua Tone <i>Activity Center</i>	Mindful Movement <i>Studio A</i> Spinning <i>Studio C</i>	Yoga <i>Studio A</i> Aqua Tone <i>Activity Center</i>		
10:15 am		Deep Water Aerobics <i>Activity Center</i>		Deep Water Aerobics <i>Activity Center</i>			
11:00 am	20-20-20 <i>Studio A</i> Aqua Tone <i>Activity Center</i>	Yoga <i>Studio A</i>	20-20-20 <i>Studio A</i> Aqua Tone <i>Activity Center</i>	Energetic Exercisers <i>Studio A</i>	20-20-20 <i>Studio A</i> Aqua Tone <i>Activity Center</i>	Yoga <i>Studio A</i>	Alignment Yoga <i>Studio A</i>
12:30 pm	Principles of Pilates <i>Studio A</i>	Zumba <i>Studio A</i>	Principles of Pilates <i>Studio A</i>	Zumba <i>Studio A</i>	Line Dancing "Beginner" (30-min.) <i>Studio A</i>		
1:00 pm					Line Dancing "High Beginner" <i>Studio A</i>		
2:00 pm	Power Slow Burn & Build Yoga <i>Studio A</i>	Alignment Yoga <i>Studio A</i>	Power Slow Burn & Build Yoga <i>Studio A</i> Rest & Meditation 3-3:30 pm	Alignment Yoga <i>Studio A</i>	Line Dancing "Improver" <i>Studio A</i>		
5:30 pm	Spinning <i>Studio C</i>	Zumba <i>Studio A</i>	Spinning <i>Studio C</i>	Zumba <i>Studio A</i>			