

Group Exercise Classes



STUDIO	MON	TUE	WED	THU	FRI	SAT	SUN
5:45am			Muscle Challenge				
6:00am	GROUP POWER				GROUP POWER		
7:00am				GROUP CORE		7:30am Yoga	
8:00am							Boot Camp
8:30am						GROUP CORE	
9:00am	GROUP CORE		GROUP CORE			Stretch	
9:30am	Interval Training	20/20/20	GROUP BLAST	ZUMBA	Fit for Life	GROUP BLAST	ZUMBA
10:30am	GROUP POWER	GROUP ACTIVE	Yoga	GROUP ACTIVE	Muscle Challenge	GROUP POWER	GROUP ACTIVE
11:30am						GROUP fight	
12:00pm		Yoga		Yoga			
5:30pm	GROUP ACTIVE	GROUP POWER	GROUP BLAST	Group Power	Yoga		
6:30pm	Yoga	ZUMBA	Yoga	Muscle Challenge	ZUMBA		
7:30pm	GROUP fight	Boot Camp	ZUMBA	GROUP CENTERGY			

CYCLE	MON	TUE	WED	THU	FRI	SAT	SUN
6:00am		Cycle 45		Cycle 45			
6:30am							
8:00am						Cycle 60	
9:00am						9:15am Cycle 45	Cycle 60
9:30am	Cycle 45	TREK 60	Cycle 45	TREK 60	Cycle 45		10:15am Cycle 60
12:00pm	Cycle 45		Cycle 45				
5:30pm	Cycle 45	Cycle 45	Cycle 45	Cycle 45			
6:35pm	Cycle 45	Cycle 45	Cycle 45	Cycle 45	Cycle 60		

POOL	MON	TUE	WED	THU	FRI	SAT	SUN
8:00am		Water circuit class (fee charged)		Water circuit class (fee charged)			
9:15am						Aqua Fitness	Aqua Fitness
9:30am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness		
10:30am	Aqua Fitness		Aqua Fitness		Aqua Fitness		
6:30pm	Aqua Fitness		Aqua Fitness				