













GROUP EXERCISE SCHEDULE

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
9:15 AM	PILATES		PURE XT	KICKBOXING			
9:30 AM							
10:30 AM	PURE XT		PIYO FUSION				
10:45 AM							
3:00 PM							MUSCLE CONDITIONING
4:15 PM	CARDIO STRENGTH		CARDIO STRENGTH		HIP HOP		
5:30 PM	KICKBOXING	KICKBOXING					
6:45 PM	FITNESS DANCE			FITNESS DANCE			
8:00 PM		YOGA					

CYCLING

8:15 AM		CYCLING	CYCLING	CYCLING		CYCLING	
9:30 AM	CYCLING		CYCLING		CYCLING		
1:45 PM							CYCLING
5:30 PM	CYCLING			CYCLING			
6:45 PM		CYCLING	CYCLING				

AQUATICS

9:15 AM	H2O - 101	H2O	H2O-101	H2O	H2O - 101		
10:00 AM						H2O	
12:15 PM	H2O		H2O				
6:00 PM	H2O	H2O	H2O		H2O		

* Class Schedules and Instructors are Subject to Change