

Group Fitness Studio Class Schedule (Aug 1 - Sept 4) 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30		Group Power 60m Lyn		Group Power 60m Lyn			
8:15	Step 60m Debra		Step 60m Debra		ZUMBA 60m Antonio	ZUMBA 60m Natalia / Jenny	
9:15		Group Power 60m Cindy		Group Power 60m Cindy			
9:30						Group Power 60m Karyn / Pam	
1:45							ZUMBA 60m Jenny / Natalia
3:00							Group Power 60m Karyn
4:15			Cardio Dance 60m Natalia				
4:30	TABATA 45m Antonio	Cardio, Core, & More 45m Pam		Cardio, Core, & More 45m Pam	Group Power 60m Pam		
5:30	Group Power 60m Pam		Group Power 60m Karyn				
6:30		Cardio Dance 60m Jenny					

CYCLE Class Schedule (Aug 1 - Sept 4) 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30	Group Ride 60m Lyn		Group Ride 60m Pam		Group Ride 60m Lyn		
8:15		FreeStyle 60m Debra		Freestyle 60m Pat		Group Ride 60m Dena / Debra / Liana	
5:30		FreeStyle 60m Dena		Group Ride 60m Pam			

Mind / Body Class SCHEDULE (Aug 1 - Sept 4) 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30			Cardio, Core, & More 45m Lyn				
8:15		TABATA 60m Natalia		TABATA 60m Natalia			
9:20	Group Centergy 60m Laura		BARRE 60m Rachel		Group Centergy 60m Laura		
10:15		Basic Yoga 45m Pat		Yin Yoga 45m Pat			
10:20	BARRE 45m Rachel				BARRE 45m Rachel		
10:35						Heated Yoga 60m Karyn / Pat	
11:15	Senior Yoga 45m Tomoko		Senior Yoga 45m Tomoko		Senior Yoga 45m Tomoko		
4:00							Group Centergy 60m Dena
4:30		Group Centergy 60m Lyn					
5:15	Heated Yoga 60m Karyn			Heated Yoga 60m Karyn			
6:00		Yin Yoga 60m Pat					
6:30	Group Centergy 60m Dena		Group Centergy 60m Laura				

POOL CLASS SCHEDULE (Aug 1 - Sept 4) 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30		Liquid Fitness 60m Antonio		Liquid Fitness 60m Antonio			
9:00	Arthritis Aquatics 45m Jeremy		Arthritis Aquatics 45m Jeremy		Arthritis Aquatics 45m Jeremy		
11:00	Arthritis Aquatics 45m Aaron		Arthritis Aquatics 45m Aaron		Arthritis Aquatics 45m Aaron		
5:30	Liquid Fitness 60m Antonio	Liquid Fitness 60m Tammy		Liquid Fitness 60m Rachel / Antonio			