



MONDAY:

8:30 A.M. - HIIT/JOSH
9:50 A.M. - SILVER SNEAKERS/MARIA
11:00 A.M. - SILVER SNEAKERS/MARIA
4:30 P.M. - SPIN INDOOR CYCLING
4:40 P.M. - STRONG BODY/DAWN
5:35 P.M. - HIIT/DARRELL
6:30 P.M. - SPIN INDOOR CYCLING
6:30 P.M. - ZUMBA CLASS/JOSE
7:30 P.M. - YOGA CLASS/LYNN

TUESDAY:

9:30 A.M. - YOGA/LYNN
4:45 P.M. - PILATES/DAWN
5:30 P.M. - SPIN INDOOR CYCLING
6:00 P.M. - RIPPED/MELISSA

WEDNESDAY:

5:00 A.M. - SPIN INDOOR CYCLING
8:30 A.M. - HIIT/JOSH
9:50 A.M. - SILVER SNEAKERS/MARIA
11:00 A.M. - SILVER SNEAKERS/MARIA
4:30 P.M. - SPIN INDOOR CYCLING
4:40 P.M. - STRONG BODY/ DAWN
5:35 P.M. - HIIT/DARRELL

THURSDAY:

8:30 A.M. - HIIT/JOSH
9:30 A.M. - YOGA/LYNN
5:00 P.M. - STEP/BRENDA
5:30 P.M. - SPIN INDOOR CYCLING
6:00 P.M. - RIPPED/MELISSA

FRIDAY:

8:15 A.M. - SPIN INDOOR CYCLING
11:00 A.M. - SILVER SNEAKERS/MARIA

SATURDAY:

8:00 A.M. - SPIN INDOOR CYCLING
8:30 A.M. - HIIT/DARRELL
9:30 A.M. - STEP W/MELISSA
10:30 A.M. - STRONG BODY/BRENDA

SUNDAY:

2:00 P.M. - ZUMBA CLASS/JOSE