



Monday

7am	Spin	30	<i>Studio</i>
9:15am	Aqua Aerobics	45	<i>Pool</i>
11am	Age Friendly Class	30	<i>Balcony</i>
1:15pm	Body Pump	30	<i>Studio</i>
5:15pm	Box Fit	30	<i>Studio</i>
6pm	Spin	30	<i>Studio</i>
6:45pm	Ab Attack	30	<i>Balcony</i>

Tuesday

7am	Tone	30	<i>Studio</i>
8am	Spin	30	<i>Studio</i>
11:15am	Shapes	45	<i>Studio</i>
1:15pm	Spin	30	<i>Studio</i>
5:15pm	Circuits	45	<i>Studio</i>
6:15pm	Body Pump	30	<i>Studio</i>
7pm	Spin	30	<i>Studio</i>

Wednesday

7am	Spin	30	<i>Studio</i>
9:30am	Meet & Train	45	<i>Track</i>
11:15am	Ab Attack	30	<i>Balcony</i>
1:15pm	Box Fit	30	<i>Studio</i>
5:30pm	Body Pump	45	<i>Studio</i>
6:30pm	Shapes	30	<i>Studio</i>
7:15pm	Spin	30	<i>Studio</i>

Thursday

7am	Body Pump	30	<i>Studio</i>
8am	Aqua Aerobics	45	<i>Pool</i>
10am	Circuits	45	<i>Studio</i>
11am	Tone	30	<i>Balcony</i>
1:15pm	Spin	30	<i>Studio</i>
5:15pm	Kettlebells	30	<i>Studio</i>
6pm	Spin	45	<i>Studio</i>
7pm	Ab Attack	30	<i>Balcony</i>

Friday

7am	Spin	30	<i>Studio</i>
9:30am	Meet & Train	45	<i>Track</i>
11am	Age Friendly Class	30	<i>Studio</i>
1:15pm	Body Pump	30	<i>Studio</i>
5:15pm	Kettlebells	30	<i>Studio</i>
6pm	Spin	30	<i>Studio</i>
6:45pm	Ab Attack	30	<i>Balcony</i>

Saturday

9:30am	Spin	30	<i>Studio</i>
10:15am	Tone	30	<i>Studio</i>

Sunday

10:30am	Spin	45	<i>Studio</i>
11:30am	Tone	30	<i>Studio</i>