

Monday

Monday			
7am	Spin	30	Studio
9:15am	Aqua Aerobics	45	Pool
11am	AF Spin	30	Balcony
1:15pm	Body Pump	30	Studio
5:15pm	Box Fit	30	Studio
6pm	Spin	30	Studio
6:45pm	Ab Attack	30	Balcony
Tuesday			
7am	Tone	30	Studio
8am	Spin	30	Studio
11:15am	Shapes	45	Studio
1:15pm	Spin	30	Studio
5:15pm	Circuits	45	Studio
6:15pm	Body Pump	30	Studio
7pm	Spin	30	Studio
Wednesday			
7am	Spin	30	Studio
9:30am	Meet & Train	45	Track
11:15am	Ab Attack	30	Balcony
1:15pm	Box Fit	30	Studio
5:30pm	Body Pump	45	Studio
6:30pm	Shapes	30	Studio
7:15pm	Spin	30	Studio
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Thursday		20	c. !:
7am	Body Pump	30	Studio
7am 8am	Aqua Aerobics	45	Pool
7am 8am 10am	Aqua Aerobics Circuits	45 45	Pool Studio
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