Monday

STUDIO 1	STUDIO 2	CYCLE	AQUA
	7:45 - 9:00 Yoga *Basha*		
9:00 -10:00 GROUP POWER *Jessica*	9:00 - 10:00 Gentle Pilates *Basha*	9:00 Cycle *Laura*	9:00 Lite Splash *Kori*
10:15 - 11:15 Super Body Blast *Epie*	10:00 - 11:00 Cardio Fusion *Sharon*		10:00 Aqua Splash *Kori*
11:15 - 12:15 Pilates *Sharon*	11:00 - 12:00 Yoga *Basha*		11:00 Arthritis Aqua *Lee*
	12:00 - 1:00 Tai Chi *Alex*		
4:30 - 5:30 GROUP POWER *Ingrid*	4:15 - 5:15 GROUP groove *Sari*		4:30 Cool Cardio Com *Betty*
5:30 - 6:30 GROUP STEP *Meredith*	6:00 - 7:00 Tai Chi *Alex*	6:00 Cycle *Maryann*	
6:30 - 7:30 GROUP POWER *Meredith*	7:00 - 8:00 Cardio & Pilates *Sharon 30/30*		6:30 - 7:15 Water Circuit *Fernanda*
8:00 - 9:00 Yoga *Adrianne*			7:15 (30 Min) Aqua Sculpt *Fernanda*

Tuesday

STUDIO 1	STUDIO 2	CYCLE	AQUA
6:00 - 7:00 GROUP POWER *Jessica*			8:00am Lite Splash *Enyr*
9:00 - 10:00 Flex in the City *Rebecca S.*	9:00 - 10:00 Cardio Lite *Sharon*	9:00 Cycle *Maryann*	9:00 H2O Blast *Enyr*
10:00 - 11:00 GROUP KICK *Epie*	10:00 - 11:00 Basic step/tone *Rebecca S.*	New Class New Format	10:00 Arthritis Aqua *Enyr*
11:00 - 12:00 Pilates *Sharon*	11:00-12:00 Belly Dance *Sigal*		
12:00 - 1:00 Yoga *Adrianne*			
4:15 - 5:30 Yoga *Basha*	4:30 - 5:30 Zumba *Vivian*		4:30 Aqua Splash *Debra G.*
5:45 - 6:45 GROUP POWER *Betty*	5:30 - 6:30 Step/Sculpt *Gwen*	6:00 Cycle *Epie*	
7:00 - 8:00 GROUP KICK *Ingrid/Enyr*	7:00 - 8:00 Belly Dance *Mirimah*	7:1500 AM Cycle *Jenn*	7:00 - 8:00 H2O Blast *Barbara*
8:00 - 9:00 Yoga *Linh*	One Month trial		

Wednesday

STUDIO 1	STUDIO 2	CYCLE	AQUA
7:00 - 8:15 Yoga *Basha*			
9:00 - 10:00 Zumba *Aster*	9:00 - 10:00 Fat Burner *Rebecca S.*	9:15 GROUP RIDE *Fran*	9:00 Aqua Splash *Sharon*
10:15 - 11:15 GROUP POWER *Fran*	10:00 - 11:00 Lite Yoga *Basha*		10:00 Aqua Pilates *Sharon*
11:20 - 12:20 Classical Pilates *Aster*	11:00 - 12:00 Arthritis Exercise *Basha*		11:00 Arthritis Aqua *Cassey*
	12:00 - 1:00 Zumba Gold *Basha*		
		New time New instructor	
			5:00 Aqua Splash *Fernanda*
4:30 - 5:30 Pilates *Sharon*			
5:30 - 6:30 X-treme Strength *Eve*	5:30 - 6:30 Cardio & Pilates *Sharon*	6:00 Cycle *Jenn*	
6:30 - 7:00 ABSolution *Eve*	New Format		7:00 Cool Cardio Com *Barbara*
7:00 - 8:00 ACTIVE *Debbie D.*	7:20 - 8:20 Zumba *Ingrid V./Vivian*		

Thursday

STUDIO 1	STUDIO 2	CYCLE	AQUA
6:00 - 7:00 GROUP POWER *Jessica*			
8:30 - 9:30 Gentle Pilates *Adrianne*			
9:30 - 10:30 GROUP KICK *Epie*	9:00 - 10:00 Fat Burner *Rebecca S.*	9:30 Cycle *Maryann*	9:00 Aqua Splash *Elise*
10:30 - 11:30 Pilates *Linh*	10:00 - 11:00 GROUP groove *Aster*		10:00 Arthritis Aqua *Elise*
12:00 - 1:15 Yoga *Basha*	11:00 - 12:00 Platinum Balance *Maryann*		
4:45 - 5:45 Bootcamp *Darryl*	5:30 - 6:30 Step/Sculpt *Gwen*		5:00 H20 Zumba *Vivian*
5:50 - 6:50 GROUP KICK *Rebecca V.*	6:30 - 7:00 Ballroom 101 *Diana*	5:45 Cycle (75 Min) *Laura*	
7:00 - 8:00 GROUP POWER *Epie*	7:00 - 8:00 Ballroom Social *Diana*		
8:10 - 9:10 Yoga *Linh*	8:00 - 9:00 Pilates *Sharon/Toni*		

Friday

STUDIO 1	STUDIO 2	CYCLE	AQUA
9:00 - 10:00 Cardio Kickbox *Rebecca S.*	9:00 - 10:00 Cardio Lite *Debbie D.*		
10:15 - 11:15 GROUP POWER *Eve*	10:00 - 11:00 Chizzell it *Laura*	9:00 -10:00 Cycle *Laura*	9:00 Aqua Splash *Sharon*
	11:00 - 12:00 Arthritis Exercise *Sharon*		10:00 Aqua Pilates *Sharon*
			11:00 - 12:00 Arthritis Aqua *Enyr*
4:15 - 5:15 Pilates *Adrianne*			
5:30 - 6:30 GROUP POWER *Ingrid*	5:15 - 6:15 Zumba *Ingrid/Vivian/Betty*		

Saturday

STUDIO 1	STUDIO 2	CYCLE	AQUA
8:00 - 9:00 GROUP KICK *Epie/Rebecca V.*	8:00 - 9:00 Cardio Hi/Lo *Laura*	8:00 Cycle *Epie/ Al*	8:00 - 9:00 H2O Blast *Stephanie*
9:15 - 10:15 GROUP POWER *Epie/Jessica*	9:00 - 10:00 Pilates *Adrianne*	9:15 Cycle *Epie/Jeanne*	9:00 - 10:00 Cool Cardio Comb *Stephanie*
10:30 - 11:30 GROUP groove *Dawn/Michelle D.*	10:00 - 11:30 Power Yoga *Edd*		
			3:00 - 5:00 Family Swim

Sunday

STUDIO 1	STUDIO 2	CYCLE	AQUA
		8:00 (75min) Cycle *Laura/Al*	8:00 Cool Cardio Comb *Sharon/Debra G.*
9:15 - 10:15 GROUP KICK *Sue/Ingrid*			9:00 Aqua Splash *Sharon/Debra G.*
10:20 - 11:20 GROUP POWER *Sue/Ingrid*	11:00 - 12:30 Yoga *Edd*		3:00 - 5:00 Family Swim