

Monday

STUDIO 1	STUDIO 2	CYCLE	AQUA
	7:45 - 9:00 Yoga Basha		
9:00 - 10:00 GROUP XPOWER 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 XPOWER Ingrid	4:15 - 5:15 groove Sari		4:30 Cool Cardio Com Betty
5:30 - 6:30 GROUP KICK Ingrid	5:15 - 6:00 Sculpt & Abs Rebecca		
6:30 - 7:30 GROUP XPOWER Michelle D.	6:00 - 7:00 Tai Chi Alex	6:00 Cycle Maryann	6:30 - 7:15 Water Circuit Fernanda
8:00 - 9:00 Yoga Adrienne	7:00 - 8:00 Cardio & Pilates Sharon 30/30		7:15 (30 Min) Aqua Sculpt Fernanda

New class format

Tuesday

STUDIO 1	STUDIO 2	CYCLE	AQUA
5:45-6:45 GROUP XPOWER Jessica			8:00 Lite Splash Enyr
9:00 - 10:00 Flex in the City Rebecca	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 20/20/20 Angela		10:00 Arthritis Aqua Enyr
11:00 - 12:00 Pilates Sharon	11:00-12:00 Belly Dance Sigal		
12:00 - 1:00 Yoga Adrienne			
4:30 ZUMBA Gina	4:15 - 5:30 Yoga Basha		4:30 Aqua Splash Debra G.
5:45 - 6:45 GROUP XPOWER Betty	5:30 - 6:30 Step/Sculpt Gwen	6:00 Cycle Epie	
7:00 - 8:00 GROUP KICK Ingrid/Jen	7:00 - 8:00 Belly Dance Mirimah	7:15 Cycle Betty	7:00 - 8:00 H2O Blast Barbara
8:00 - 9:00 Yoga Laura B.	8:00 - 9:00 Pilates Sharon/Megan		

New class
New instructor

Wednesday

STUDIO 1	STUDIO 2	CYCLE	AQUA
7:00 - 8:15 Yoga Basha			
9:00 ZUMBA Aster	9:00 - 10:00 Fat Burner Rebecca	9:15 GROUP RIDE Fran	9:00 Aqua Splash Sharon
10:15 - 11:15 GROUP XPOWER Fran	10:00 - 11:00 Lite Yoga Basha		10:00 Aqua Pilates Sharon
11:20 - 11:40 Express Abs Fran	11:00 - 12:00 Arthritis Exercise Basha		11:00 Arthritis Aqua Cassey
	12:00 - 1:00 Zumba Gold Basha		
			5:00 - 6:00 Aqua Splash Fernanda
4:30 - 5:30 Pilates Sharon			
5:30 - 6:30 X-treme Strength Eve	5:30 - 6:30 Cardio & Pilates Sharon 30/30	6:00 Cycle Jenn	
6:30 - 7:00 ABSolution Eve			7:00- 8:00 Cool Cardio Com Barbara
7:20 ZUMBA Vivian Ingrid V.	7:00 - 8:00 ZUMBA ACTIVE Gina		

Thursday

STUDIO 1	STUDIO 2	CYCLE	AQUA
5:45 - 6:45 GROUP XPOWER Jen			
8:30 - 9:30 Gentle Pilates Adrienne			
9:30 - 10:30 GROUP KICK Epie	9:00 - 10:00 Fat Burner Rebecca	9:30 Cycle Maryann	9:00 Aqua Splash Elise
10:30 - 11:30 Pilates Adrienne	10:00 - 11:00 groove Nicole		10:00 Arthritis Aqua Elise
11:30 - 12:45 Yoga Basha	11:30 - 12:30 Platinum Balance Maryann		
4:45 - 5:45 Bootcamp Darryl	5:30 - 6:30 Step/Sculpt Gwen		
5:50 - 6:50 Boogie Box Nicole	6:30 - 7:30 Beg. Ballroom Diana	5:45 - 7:00 Cycle (75 Min) Laura	6:30 Aqua Bootcamp Stephanie
7:00 - 8:00 GROUP XPOWER Epie	7:30 - 8:10 Int. Ballroom Diana		
8:10 - 9:00 Int. Ballroom Diana	8:10 - 9:10 Yoga Laura B.		

Friday

STUDIO 1	STUDIO 2	CYCLE	AQUA
9:00 - 10:00 Boogie Box Nicole	9:00 - 10:00 Cardio Lite Debbie D.	9:00 - 10:00 Cycle Laura	9:00 Aqua Splash Sharon
10:15 - 11:15 GROUP XPOWER Eve	10:00 - 11:00 Chizzell it Laura		10:00 Aqua Pilates Sharon
11:15 - 11:45 X-treme Cardio Eve	11:00 - 12:00 Arthritis Exercise Sharon		11:00 Arthritis Aqua Enyr
4:15 - 5:15 Pilates Adrienne			
5:30 - 6:30 GROUP XPOWER Ingrid M.	5:15 ZUMBA Sean/ Ingrid V.		

Saturday

STUDIO 1	STUDIO 2	CYCLE	AQUA
8:00 - 9:00 GROUP KICK Jen G.	8:00 - 9:00 Cardio Hi/Lo Laura	8:00 Cycle Jeanne	8:00 - 9:00 H2O Blast Stephanie
9:15 - 10:15 GROUP XPOWER Jen/Epie	9:00 - 10:00 Pilates Adrienne	9:15 Cycle Jeanne	9:00 - 10:00 Cool Cardio Comb Stephanie
10:30 - 11:30 GROUP groove Michael/Michelle	10:00 - 11:30 Power Yoga Edd		
			3:00 - 5:00 Family Swim
		8:00 (75min) Cycle Laura/AI	
9:15 - 10:15 GROUP KICK Sue/Ingrid M.			9:00 - 10:00 Aqua Splash Sharon/Debra G.
10:20 - 11:20 GROUP XPOWER Sue/Ingrid M.	11:00 - 12:30 Yoga Edd		3:00 - 5:00 Family Swim

Sunday