

	Time	Class	Studio	Instructor		Time	Class	Studio	Instructor
Monday	6:00 AM	 LESMILLS BODYPUMP	A	Wendy	Tuesday	5:45am	 SPINNING	Spinning Studio	Scott
	9:00 AM	 LESMILLS BODYCOMBAT	A	Luz		9:00 AM	Boot Camp	A	Kelly
	10:15 AM	 LESMILLS BODYPUMP	A	Luz		10:30 AM	Yoga - All Levels	A	Karen
	9:30 AM	 SPINNING	Spinning Studio	Melissa		12:00 PM	Pilates Mat	A	Kayne
	5:30 PM (45 min)	 LESMILLS BODYPUMP	A	Mandy		5:30 PM	 LESMILLS BODYPUMP	A	Mandy
	5:30 PM	 SPINNING	Spinning Studio	Mark		6:30 PM	Yoga - All Levels	Yoga Room	Karen
	6:30pm	Tabata Circuit	A	Robert					
	Time	Class	Studio	Instructor		Time	Class	Studio	Instructor
Wednesday	5:45AM	 SPINNING	Spinning Studio	Mark	Thursday	5:30AM	 SPINNING	Spinning Studio	Michele
	6:00 AM	 LESMILLS BODYPUMP	A	Wendy		9:00 AM	 LESMILLS BODYPUMP	A	Kelly
	9:00 AM	 LESMILLS BODYCOMBAT	A	Toria		10:30 AM	Yoga - All Levels	A	Karen
	9:30 AM	 SPINNING	Spinning Studio	Melissa		12:00 PM	Pilates Mat	A	Kayne
	10:00AM	 LESMILLS BODYPUMP	A	Toria		5:30 PM	 LESMILLS BODYPUMP	A	Angel
	5:30PM	30 Minute Tabata Circuit	A	Robert		6:30 PM	 LESMILLS BODYATTACK	A	Angel/Angela
	5:30PM	 SPINNING	Spinning Studio	Michele		6:30PM	Yoga - All Levels	Yoga Room	Karen
	6:15pm	 LESMILLS BODYCOMBAT	A	Angel					
	Time	Class	Studio	Instructor		Time	Class	Studio	Instructor
Friday	6:00AM	 LESMILLS BODYPUMP	A	Claudia	Saturday	8:30 AM	GRIT	A	Angel
	9:00 AM	 LESMILLS BODYCOMBAT	A	Angel		8:30 AM	 SPINNING	Spinning Studio	Priscilla
	9:30 AM	 SPINNING	Spinning Studio	Michele		9:00 AM	 ZUMBA	A	Angel
	10:15 AM	 LESMILLS BODYPUMP	A	Angel		10:00 AM	 LESMILLS BODYPUMP	A	Angel

	Time	Class	Studio	Instructor	SENIOR CLASS SCHEDULE
MONDAY	9:30AM	Water -Aerobics	Pool	Gaby	
	11:30 AM	Silver Sneaker Yoga	Yoga RM	Karen	
TUESDAY	1:30pm	Line Dancing	A	Brenda	
WEDNESDAY	9:30AM	Water -Aerobics	Pool	Gaby	
	12:30pm	Senior Cardio	A	Linda S.	
THURSDAY	1:30pm	Senior Cardio	A	Linda S.	
FRIDAY	9:30AM	Water -Balance & Flex	Pool	Andrea P.	
	11:15pm	Senior Yoga	Yoga RM	Linda L.	

Schedules subjected to change at anytime.