






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:45-6:30 <i>CYCLING</i>	5:45-6:45 Muscle Endurance *New Time	5:45-6:30 <i>CYCLING</i>		
						
	8:00-9:00 PILATES	8:00-9:00 ISO CORE	8:00-9:00 PILATES	8:00-9:00 CP'S MUSCLE ENDURANCE	8:00-9:00 PILATES	
	8:30-9:00 DEEP WATER		8:30-9:00 DEEP WATER		8:30-9:00 DEEP WATER	8:30-9:00 DEEP WATER
	9:00-10:00 SR AQUA AEROBICS	9:00-10:00 ARTHRITIC AQUA	9:00-10:00 SR AQUA AEROBICS	9:00-10:00 ARTHRITIC AQUA	9:00-10:00 SR AQUA AEROBICS	9:00-10:00 AQUA AEROBICS
	9:00-9:15 SUPER ABS	9:00-10:00 MULTI-STEP	9:00-9-15 SUPER ABS		9:00-9:15 SUPER ABS	9:00-10:00 INSTRUCTORS CHOICE
	9:15-10:15 STEP 2 3 RD POWER	9:15-10:15 <i>CYCLING</i>	9:15-10:15 ZUMBA	9:15-10:15 <i>CYCLING</i>	9:15-10:15 <i>ZUMBA</i> * New Class	9:00-10:00 <i>CYCLING</i>
	10:15-11:15 CARDIO, STRENGTH & STRETCH	10:15-11:15 BALANCED & FIT		10:15-11:15 BALANCED & FIT	10:15-11:15 CARDIO, STRENGTH & STRETCH	10:00-10:15 SUPER AB'S
		4:30-5:15 KICKBOXING		4:30-5:30 STEP & TONE		
		5:15-5:30 SUPER AB'S				
	5:30-6:15 PM <i>CYCLING</i>	5:15-6:00 <i>CYCLING</i>	5:30-6:15 <i>CYCLING</i>	5:15-6:00 <i>CYCLING</i>		
5:30-6:30 YOGA LITE	5:30-6:30 <i>ZUMBA</i> * New Class	5:30-6:30 CP'S MUSCLE ENDURANCE	5:30-6:15 KICKBOXING	5:30-6:30 CP'S MUSCLE ENDURANCE		
	6:00-7:00 AQUA AEROBICS		6:00-7:00 AQUA AEROBICS		6:00-7:00 AQUA AEROBICS	
	6:30-6:45 SUPER AB'S	6:30-6:45 SUPER AB'S	6:15-7-15 <i>ZUMBA</i> New Class	6:30-6:45 SUPER AB'S		
	6:45-7:45 POWER YOGA	6:45-8:00 VINYASA YOGA *New Class		7:00-8:00 CORE YOGA *New Class		