

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRENGTH & CONDITIONING 06:45		STRENGTH & CONDITIONING 06:45		STRENGTH & CONDITIONING 06:45	SPIN 08:30
STRENGTH & CONDITIONING 09:30	PILATES 09:00 - 10:00	BODY PUMP 09:00	ENGINE & ENDURANCE 09:30	PILATES 08:30	PILATES 08:30
LBT 09:30	FUNCTIONAL FITNESS 09:30	SPIN 09:30	LBT 09:30	SOIN 9:30	STRENGTH & CONDITIONING 09:30
SPIN 10:30	BODY PUMP 10:15	STRENGTH & CONDITIONING 10:30	YOGA 10:20		YOGA 09:45-10:45
YOGA 10:30	YOGA 11:15	PILATES 10:50	FITNESS PILATES 11:30	YOGA 09:45	WOMEN'S WEIGHT TRAINING 10:45
FOUNDATION PILATES 11:45	AQUAFIT 12:15	AQUAFIT 12:15	AQUAFIT 12:15	STRENGTH & CONDITIONING 10:30	AQUAFIT 11:15
AQUAFIT 12:15	FOUNDATION PILATES 12:30-13:30			PILATES 11:00	
BODY PUMP 17:45	ENGINE + ENDURANCE 17:45	YOGA 17:45	CORE & MOBILITY 17:30	AQUAFIT 11:15	
STRENGTH & CONDITIONING 17:45	YOGA 18:00-19:00	STRENGTH & CONDITIONING 17:45	BODY PUMP 17:45	CORE & MOBILITY 11:45	
AQUAFIT 18:00		SPIN 18:00	AQUAFIT 18:00		
SPIN 18:00	CORE & MOBILITY 18:45		WOMENS WEIGHT TRAINING 18:30	YIN YOGA 18:00 - 19:00	
WOMEN'S WEIGHT TRAINING 18:30			PILATES 18:30		
PILATES 19:00	PILATES 19:30		SWIM CLUB 19:00		