

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
The Power Studio	5:30am	LESMILLS BODYPUMP		LESMILLS BODYPUMP		Instructor's choice			
	8:30am		ZUMBA		ZUMBA		8:30am	LESMILLS BODYCOMBAT	
	9:00am	LESMILLS BODYPUMP		LESMILLS BODYPUMP		LESMILLS BODYPUMP			
	9:30am		LESMILLS BODYFLOW		LESMILLS BODYFLOW				
	10:00am	Yoga Stretch		Yoga Stretch					
	11:00am		Silver Sneakers	Line Dance	Silver Sneakers				
	12:00pm								
	5:45pm	LESMILLS BODYPUMP		LESMILLS BODYPUMP					
	6:00pm		LESMILLS BODYSTEP		LESMILLS BODYCOMBAT				
	6:45 pm	ZUMBA		ZUMBA					
CYCLE STUDIO	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:30am		Power Ride						
	8:30am							LESMILLS RPM	
	6:00pm	LESMILLS RPM	Super Cycle	LESMILLS RPM					
POOL	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	8:30am	Aqua Fit		Aqua Fit		Aqua Fit			
	9:30am		Aqua Splash		Aqua Splash			Aqua Fit/ aqua ZUMBA	
	6:00pm		aqua ZUMBA		aqua ZUMBA				