

Group Exercise Schedule

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
The Power Studio	5:30am	LES MILLS BODYPUMP		LES MILLS BODYPUMP		Instructor's choice			
	8:30am		ZUMBA		ZUMBA		8:30am	LES MILLS BODYCOMBAT	
	9:00am	LES MILLS BODYPUMP		LES MILLS BODYPUMP		LES MILLS BODYPUMP			
	9:30am		LES MILLS BODYFLOW		LES MILLS BODYFLOW				
	10:00am	Yoga Stretch		Yoga Stretch					
	11:00am		SilverSneakers	Line Dance	SilverSneakers				
	12:00pm								
	5:45pm	LES MILLS BODYPUMP		LES MILLS BODYPUMP					
	6:00pm		LES MILLS BODYCOMBAT						
	6:30pm				EXTREME Hip Hop Step				
	6:45 pm	ZUMBA		ZUMBA					
	7:00pm		YOGA						
CYCLE STUDIO	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:30am		Power Ride						
	8:30am							Cycle/ LES MILLS RPM	
	5:30pm								
6:00pm	LES MILLS RPM	Super Cycle	LES MILLS 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					