

**GROUPX STUDIO (Upstairs)**

MON	TUES	WED	THURS	FRI	SAT	SUN
11:00-11:45am Everyday Strength Laura	11:00-11:45am Everyday Strength Casse	11:00-11:45am Everyday Strength Laura	11:00-11:45am Everyday Strength Casse			
SGT (\$) 4:30-5:30pm Jacob			SGT (\$) 4:30-5:30pm Jacob			
5:30-6:15pm Cycling Courtney		5:30-6:15pm Cycling Courtney				

**MIND BODY STUDIO (Upstairs)**

MON	TUES	WED	THURS	FRI	SAT	SUN
	8:30-9:15am Pilates Mat Jason		8:30-9:15am Pilates Mat Jason		8:30-9:30am Vinyasa Yoga Megan	
		9:00-10:30am Hatha Yoga Francis				
				10:00-10:45am Zumba Marla		
	10:30-11:45am Vinyasa Yoga Christine		10:30-11:45am Vinyasa Yoga Christine			
						11:00-12:15pm Yoga Flow Stephanie P.
		1:30pm-2:15pm Zumba Gold Casse				
5:30-6:45pm Vinyasa Yoga Christine	5:30-6:15pm Dance Fusion Stefani & Phuong	5:30-6:45pm Vinyasa Yoga Christine	5:30-6:15pm Dance Fusion Stefani & Phuong			

**\* Please bring your own mat \*\*Booking classes to reserve a spot is recommended**

**POOL**

MON	TUES	WED	THURS	FRI	SAT	SUN
	9:30-10:15am Aqua Zumba Marla		9:30-10:15am Aqua Zumba Marla			
	12:00-12:45pm Aqua Conditioning Casse		12:00-12:45pm Aqua Conditioning Casse			
	5:30-6:20pm <b>Cardio Splash (\$)</b> Casse <b>Team Training</b>		5:30-6:20pm <b>Cardio Splash (\$)</b> Casse <b>Team Training</b>			

