

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Studio 1:</b>                      06:30 - 07:00 <b>B: Fiit</b>                      09:30 - 10:15 <b>LBT</b>                      10:30 - 11:15 <b>BODYBALANCE™</b>                      11:30 - 12:15 <b>BODYPUMP™</b>                      13:30 - 14:30 <b>Movement and Flexibility</b>                      18:00 - 19:00 <b>BODYPUMP™</b>                      19:15 - 20:00 <b>BODYCOMBAT™</b></p> <p><b>Studio 2:</b>                      09:15 - 10:00 <b>Group Cycling</b>                      11:00 - 12:00 <b>Stretch and Tone</b>                      18:15 - 19:15 <b>Pilates</b></p> <p><b>Pool:</b>                      10:30 - 11:15 <b>Aqua Aerobics</b></p> <p><b>Gym:</b>                      10:30 - 11:00 <b>B: Conditioned</b>                      11:00 - 11:30 <b>B: Core Fit</b>                      18:30 - 19:00 <b>B: Strong</b>                      19:00 - 19:30 <b>B: Core Fit</b></p>	<p><b>Studio 1:</b>                      06:30 - 07:00 <b>B: Fiit</b>                      09:15 - 10:00 <b>Dancercise</b>                      10:15 - 11:15 <b>BODYPUMP™</b>                      13:30 - 14:45 <b>Yoga</b>                      15:15 - 16:15 <b>Pilates</b>                      18:00 - 19:00 <b>20/20/20</b></p> <p><b>Studio 2:</b>                      07:15 - 08:00 <b>Group Cycling</b>                      09:30 - 10:30 <b>Yoga</b>                      10:45 - 11:45 <b>Pilates</b>                      19:15 - 20:00 <b>RPM™</b></p> <p><b>Pool:</b>                      19:15 - 20:00 <b>Aqua Aerobics</b></p> <p><b>Gym:</b>                      10:30 - 11:00 <b>B: Strong</b>                      11:00 - 11:30 <b>B: Core Fit</b>                      18:30 - 19:00 <b>B: Conditioned</b>                      19:00 - 19:30 <b>B: Core Fit</b></p>	<p><b>Studio 1:</b>                      09:15 - 10:15 <b>LBT</b>                      10:45 - 11:45 <b>20/20/20</b>                      12:15 - 13:15 <b>Stretch and Tone</b>                      16:00 - 17:30 <b>Yoga</b>                      18:00 - 19:00 <b>BODYPUMP™</b>                      19:00 - 20:00 <b>Pilates</b></p> <p><b>Studio 2:</b>                      09:10 - 09:55 <b>Group Cycling</b>                      10:30 - 12:00 <b>Yoga</b>                      18:00 - 18:45 <b>RPM™</b>                      19:15 - 20:15 <b>Stretch &amp; Tone</b></p> <p><b>Pool:</b>                      09:30 - 10:15 <b>Aqua Aerobics</b></p> <p><b>Gym:</b>                      10:30 - 11:00 <b>B: Conditioned</b>                      11:00 - 11:30 <b>B: Core Fit</b>                      18:30 - 19:00 <b>B: Strong</b>                      19:00 - 19:30 <b>B: Core Fit</b></p>	<p><b>Studio 1:</b>                      06:30 - 07:00 <b>B: Fiit</b>                      09:30 - 10:30 <b>BODYPUMP™</b>                      11:00 - 11:45 <b>BODYBALANCE™</b>                      12:00 - 13:00 <b>Dance and Tone</b>                      13:15 - 14:00 <b>Movement and Flexibility</b>                      18:00 - 18:45 <b>Circuits</b>                      19:00 - 20:00 <b>Pilates</b></p> <p><b>Studio 2:</b>                      07:00 - 07:45 <b>Group Cycling</b>                      09:15 - 10:15 <b>Pilates</b>                      17:45 - 19:00 <b>Yoga</b>                      19:15 - 20:00 <b>Group Cycling</b></p> <p><b>Pool:</b>                      10:45 - 11:30 <b>Aqua Aerobics</b></p> <p><b>Gym:</b>                      10:30 - 11:00 <b>B: Strong</b>                      11:00 - 11:30 <b>B: Core Fit</b>                      18:30 - 19:00 <b>B: Conditioned</b>                      19:00 - 19:30 <b>B: Core Fit</b></p>	<p><b>Studio 1:</b>                      09:15 - 10:15 <b>BODYATTACK™</b>                      10:30 - 11:15 <b>Stretch and Tone</b>                      13:30 - 14:30 <b>Zumba Gold</b>                      18:00 - 19:00 <b>Core Conditioning</b></p> <p><b>Studio 2:</b>                      09:00 - 09:45 <b>Group Cycling</b>                      10:30 - 11:30 <b>BODYBALANCE™</b>                      17:15 - 18:00 <b>Group Cycling</b>                      18:15 - 19:15 <b>Yoga</b></p> <p><b>Pool:</b>                      11:30 - 12:15 <b>Aqua Aerobics</b></p> <p><b>Gym:</b>                      10:30 - 11:00 <b>B: Conditioned</b>                      11:00 - 11:30 <b>B: Core Fit</b>                      18:30 - 19:00 <b>B: Strong</b>                      19:00 - 19:30 <b>B: Core Fit</b></p>	<p><b>Studio 1:</b>                      08:30 - 09:30 <b>BODYPUMP™</b>                      09:45 - 10:45 <b>Pilates</b></p> <p><b>Studio 2:</b>                      08:45 - 09:30 <b>Group Cycling</b></p> <p><b>Pool:</b>                      10:00 - 10:45 <b>Aqua Aerobics</b></p> <p><b>Gym:</b>                      10:30 - 11:00 <b>B: Strong</b>                      17:30 - 18:00 <b>B: Conditioned</b></p>	<p><b>Studio 1:</b>                      08:45 - 09:45 <b>BODYATTACK™</b>                      09:45 - 10:30 <b>CORE™</b>                      10:30 - 11:30 <b>Zumba</b>                      12:00 - 13:30 <b>Yoga</b></p> <p><b>Studio 2:</b>                      10:15 - 11:00 <b>RPM™</b></p> <p><b>Gym:</b>                      10:30 - 11:00 <b>B: Conditioned</b>                      17:30 - 18:00 <b>B: Core Fit</b></p>