

I AM Group Fitness Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|---|---|---|------------------------------------|---|-----------------|------------------------|
| 530 - 6:30 AM | | Spin - Kerry | | | Spin - Kerry | | |
| 8-9 AM | | | | | | Spin - Kerry | <i>XLR8 - Dave*</i> |
| 8:30-9:30AM | Seniorcise - Diane Strength Work-Donna | Cardio Blast Tom (30mins) | Barre & More Donna | Step Express Donna (30mins) | Seniorcise-Diane Total Body Strength - Andrea | Pilates - Donna | Spin - Jen |
| 9-10 AM | | Aqua- Diane StrengthWorks-Donna <i>XLR8 - Dave*</i> | | ABS Express-Donna Aqua - Andrea | | | 9:15 Total Pump Jen |
| 9:30-10:30 AM | CardioKick-Donna Spin-Tom | | Spin -Tom Sweat- Jen | StrengthWorks Donna | Zumba - Andrea Spin - Monica | Zumba - Sandy | |
| 10 - 11AM | | Pilates - Donna | | | | | |
| 10:30-11:30 AM | Total Pump - Jen | | | | | | Yoga - Carol |
| 4:30 - 5:30pm | | | KidFit Sports and Conditioning - Dave | | Yoga-Carol KidFit Boxing - Dave | | |
| 5:30-6:30 PM | | <i>XLR8 - Dave*</i> | | | <i>XLR8 - Dave*</i> | | |
| 6-7PM | <i>XLR8 - Dave*</i> | | 1st of Mth - Step Barre-Lattes Donna | | | | |
| 6:30-7:30 PM | | Yoga - Carol | | Yoga - Laura | | | |

Class format & instructors are subject to last minute changes

45 - 60mins unless specified

XLR8 requires 'Small Group Training' registration Boxing area