

Start Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM		Spin Kerry			Spin Kerry		
8:00 AM						Spin Kerry	XLR8* Dave
8:30 AM	StrengthWorks - Donna Seniorcise - Diane (45min)	CardioBlast - Tom (30min)	Barre & More Donna	CardioMix Donna	Body Pump - Jen Seniorcise - Diane (45min)		Spin Jen
9:00 AM		Aqua - Diane StrengthWorks - Donna XLR8* - Dave		Aqua - Jean			BodyPump - 9:15am Jen
9:30 AM	CardioKick Donna Spin Tom		Spin Tom Sweat Jen	StrengthWorks Donna	Zumba Andrea Spin Jen	Pilates Donna	
10:00 AM		Pilates- Donna					
10:30 AM	BodyPump Jen					Zumba Christine	Yoga Carol
5:30 PM		XLR8* Dave			XLR8* Dave		
6:00 PM	XLR8* - Dave Pump It Up - NEW Andrea		Barre-Lates Donna Spin Kerry				
6:30 PM		Yoga Carol		Yoga Laura			

Classes Require 3 Participants 45 - 60mins unless specified
Class format & instructors are subject to last minute changes

* upstairs boxing area XLR8 requires 'Small Group Training' registration