

DOWNSTAIRS GROUP EXERCISE SCHEDULE

*all classes held downstairs 412-520-SWIM

15		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15	6:00 AM			112311233111	11101105711		57115115711
330							
445			Paul				
7:00 AM							
115							
330							
435							
BOOAM							
115							
320							
45	:15						
9:00 AM	:30					CYCLING	CYCLING
115	:45				HATHA YOGA	Dawn	Joni
30	9:00 AM				Pam		
1-5	:15				-		
1-5	:30						
10:00 AM							BUTTS & GUTS
115		HATHA YOGA					·{
130 15 15 15 15 15 15 15 1		ŀ		-			·{
11:0 AM				-	-	-	2.0.2020
11:00 AM							
115					-	 	+
130							
12:00 PM							
12:00 PM 1:15 1:30 1:00 PM 1:15 1:30 1:30 1:45 1:30 1:45 1:30 1:45 1:30 1:45 1:5 1:5 1:6 1:7 1:7 1:7 1:7 1:7 1:7 1:7 1:7 1:7 1:7	:30						
15							_
330							
1:00 PM							
1:00 PM 1:15 1:30 1:30 1:45 2:00 PM 1:15 1:30 1:30 1:30 1:30 1:30 1:30 1:30 1:30							
15							
30	1:00 PM						
145	:15						
2:00 PM	:30						
HELD IN DOWNSTAIRS CLASSROOM STORY CLASSROOM CLASSROOM	:45						
30	2:00 PM						
30	:15						HELD IN
CLASSROOM State CLASSROOM RESRVATION RESRVATION REQUIRED							
3:00 PM							
Second							
30							RESRVATION
345							
4:00 PM							
HELD IN DOWNSTAIRS CYCLING CYCLING ROOM RESRVATION REQUIRED				-		-	+
30 CYCLING CYCLING CYCLING CYCLING ROOM RESRVATION REQUIRED							LIELDIN
CYCLING						 	
Dawn Dawn Dawn ROOM RESRVATION RESRVATION REQUIRED		CVCLINC			CVCLING	<u> </u>	
Second Part							
Signature Sign		Dawn			Dawn		
:45 6:00 PM ZUMBA CYCLING YOGA :15 Heather Joni Paul :30 .45 EFFECTIVE :15 .30 .45 :30 .45 .4/17/22					-		
6:00 PM							KEQUIKED
:15 Heather Joni Paul :30 :45 7:00 PM EFFECTIVE :30 4/17/22							
:30							<u> </u>
:45 EFFECTIVE 7:00 PM EFFECTIVE :15 4/17/22		Heather	Joni	Joni	Paul		·
7:00 PM	:30						·
:15 EFFECTIVE	:45						
:15 EFFECTIVE						EFFECTIVE	
:30 4/17/22 :45 4/17/22						EFFECTIVE	
:45 4/1//22					-	A /4 7 /00	·
				-		4/1//22	
	8:00PM			-	-	-	

MONDAY		
	10:00 – 11:15	HATHA YOGA with PAM
	4.45 5.20	CVCLING with DAMM
	4:45 – 5:30	CYCLING with DAWN
	6:00 - 7:00	ZUMBA with HEATHER
TUESDAY		
	6:00 – 7:00	YOGA with PAUL
	6:00 – 7:00	CYCLING with JONI
WEDNESDAY	0.00 - 7.00	CICLING WITH JOIN
WEDNESDAT	6:00 – 7:00	CYCLING with JONI
THRUSDAY		
	8:45 – 10:00	HATHA YOGA with PAM
	4:45 – 5:30	CYCLING with DAWN
	6:00 - 7:30	YOGA with PAUL
FRIDAY		
	8:30 – 9:30	CYCLING with DAWN
SATURDAY		
	8:30 – 9:30	CYCLING with JONI
	9:40 - 10:10	BUTTS & GUTS with JONI

WCC Hours as of this schedule (and are subject to change without notice)

Monday – Thursday 6am – 8pm

Friday 6am – 6pm

Saturday 7am – 3pm

Sunday: CLOSED (except bonus Sundays)