

DOWNSTAIRS GROUP EXERCISE SCHEDULE

*all classes held downstairs

412-520-SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00 AM		YOGA <i>Paul</i>					
:15							
:30							
:45							
7:00 AM							
:15							
:30							
:45							
8:00 AM							
:15							
:30					CYCLING <i>Dawn</i>	CYCLING <i>Joni</i>	
:45							
9:00 AM				HATHA YOGA <i>Pam</i>			
:15							
:30							
:45							
10:00 AM	HATHA YOGA <i>Pam</i>					BUTTS & GUTS <i>Joni</i> 940-1010	
:15							
:30							
:45							
11:00 AM							
:15							
:30							
:45							
12:00 PM							
:15							
:30							
:45							
1:00 PM							
:15							
:30							
:45							
2:00 PM							
:15							
:30							
:45							
3:00 PM							
:15							
:30							
:45							
4:00 PM							
:15							
:30							
:45							
5:00 PM	CYCLING <i>Dawn</i>						
:15							
:30							
:45							
6:00 PM	ZUMBA <i>Heather</i>	CYCLING <i>Joni</i>	CYCLING <i>Joni</i>	YOGA <i>Paul</i>			
:15							
:30							
:45							
7:00 PM					EFFECTIVE 4/17/22		
:15							
:30							
:45							
8:00PM							

HELD IN
DOWNSTAIRS
CLASSROOM

**RESRVATION
REQUIRED**

HELD IN
DOWNSTAIRS
CYCLING
ROOM
**RESRVATION
REQUIRED**

MONDAY	10:00 – 11:15	HATHA YOGA with PAM
	4:45 – 5:30	CYCLING with DAWN
	6:00 – 7:00	ZUMBA with HEATHER
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TUESDAY	6:00 – 7:00	YOGA with PAUL
	6:00 – 7:00	CYCLING with JONI
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WEDNESDAY	6:00 – 7:00	CYCLING with JONI
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THURSDAY	8:45 – 10:00	HATHA YOGA with PAM
	4:45 – 5:30	CYCLING with DAWN
	6:00 – 7:30	YOGA with PAUL
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FRIDAY	8:30 – 9:30	CYCLING with DAWN
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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)