



Adventure Community Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am GymFit Sculpt	9:00am Cycle	8:30am Pilates	9:00am Yoga	8:30am GymFit Sculpt	9:15am Cycle
9:30am Step Explosion	9:30am GymFit Strong	9:30am GymFit Fight Water Aerobics	10:30am Silver Sneakers	9:30am Zumba	9:30am Freestyle Step
11:00am Cycle	10:30am Silver Sneakers	11:00am Cycle	4:00pm Kids Trapeze*	11:00am Cycle	10:30am GymFit Power
5:00pm Freestyle Step NinjaFit Kids* Calisthenics	4:00pm Kids Trapeze*	5:00pm Kids Aerial Hammock * NinjaFit Kids* Calisthenics GymFit Power	5:00pm Kids Aerial Silks* NinjaFit Kids*		11:00 Aerial Straps*
5:30pm Cycle	5:00pm Kids Aerial Silks* NinjaFit Kids*		5:30pm Freestyle Step		
6:00pm Kids Aerial Silks* GymFit Flow GymFit X Bootcamp Kids Parkour*	6:00pm Kids Silks (Level 2)* AcroYoga* GymFit X Bootcamp Kids Parkour* AcroYoga (All Levels)*	5:30pm Cycle	6:00pm GymFit X Bootcamp Kids Silks (Level 2)* Kids Parkour*		
7:00pm Aerial Silks (All Levels) * Trapeze (Level 1) *	7:00pm Lyra (Aerial Hoop) * Aerial Silks (Level 1)*	6:00pm Aerial Hammock (Level 1) * GymFit Flow GymFit X Bootcamp Kids Parkour*	7:00pm Aerial Silks (Level 1) * Trapeze (Level 1) *		
8:00pm Trapeze (Level 2) *		7:00pm Aerial Straps* Contortion/Flexibility*	8:00pm Trapeze (Level 2) *		

*= Adventure Classes