

GROUP EXERCISE ROOM SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM	LES MILLS BODYCOMBAT	PAC FIT	PAC FIT	PAC FIT	LES MILLS BODYCOMBAT	
8:15 AM	PAC FIT	PAC FIT	PAC FIT	PAC FIT	WARRIORS WAY	8:00 AM PAC FIT
9:15 AM	 Silver Sneakers CIRCUIT TRAINING / T	 MOVE BETTER PAC MOBILITY	 Silver Sneakers BALANCE/STABILITY	 MOVE BETTER PAC MOBILITY	 Dance FIT	9:00 AM LES MILLS BODYCOMBAT
10:30 AM	 Silver Sneakers CLASSIC	 Silver Sneakers CIRCUIT TRAINING / T	 Silver Sneakers CLASSIC	 Silver Sneakers CIRCUIT TRAINING / T	 Silver Sneakers CLASSIC	10:00 AM  Dance FIT
12:15 PM	PAC FIT	PAC FIT	PAC FIT	PAC FIT	WARRIORS WAY	
2:00 PM		 Silver Sneakers CLASSIC		 Silver Sneakers CLASSIC		
4:30 PM	PAC FIT	WARRIORS WAY	PAC FIT	PAC FIT		
6:30 PM	PAC FIT	LES MILLS BODYCOMBAT	PAC FIT	LES MILLS BODYCOMBAT		

CYCLING SCHEDULE

8:15 AM						
6:00 PM						



(830)569-3648