

# FITNESS CLASS TIMETABLE

## MONDAY

7:00am - 7:30am Toned Abs  
9:45am - 10:30am Low Impact & Flexibility  
6:30pm - 7:30pm Bootcamp (Outdoors)  
7:15pm - 8:15pm Yoga with Elena

## TUESDAY

10:00am - 11:00am Functional Movement & Core  
6:30pm - 7:15pm Kettlebells  
7:30pm - 8:00pm METAFIT

## WEDNESDAY

7:00am - 7:30am Circuits  
9:45am - 10:30am Full Body Low Impact  
10:45am - 11:45am Women's Only Strength Training  
4:15pm - 5:30pm Junior Gym  
6:30pm - 7:15pm Circuit Training  
7:30pm - 8:00pm Suspension Training

## THURSDAY

9:15am - 10:15am Golden Fitness  
10:30am - 11:00am Suspension Training  
6:45pm - 7:15pm Suspension Training  
7:30pm - 8:30pm Pilates with Miranda

## FRIDAY

10:00am - 11:00am Body  
Balance & Flexibility  
12:30pm - 1:30pm Pilates with  
Miranda  
5:30pm - 6:15pm Kettlebells

## WEEKEND

Saturday:  
9:30am - 10:30am Bootcamp  
(outdoors)  
11:15am - 12:15am Women's  
Only Strength Training  
Sunday: 10:15am - 11:00am  
Mind & Motion