

FITNESS CLASS SCHEDULE

MONDAY

6:30-7:20 AM	SPIN & CORE SPIN ROOM
8-8:30 AM	HIIT STUDIO
9-9:50 AM	BODY SCULPT STUDIO
9-9:50 AM	SPIN & CORE SPIN ROOM
10-10:50 AM	GENTLE YOGA STUDIO
11-11:50 AM	AQUATONE GARDEN POOL
5:30-6:20 PM	SPIN & BURN SPIN ROOM
6:30-7:20 PM	ROPE WALL YOGA STUDIO

TUESDAY

6:30-7:20 AM	SPIN & CORE SPIN ROOM
6:30-7:20 AM	BOOT CAMP STUDIO
8-8:50 AM	BARRE PILATES STUDIO
9-9:50 AM	SPIN SPIN ROOM
9-9:50 AM	CARDIO SCULPT STUDIO
9:50-10:20 AM	30-MIN ABS STUDIO
10:30-11:20 AM	ZUMBA STUDIO
11-11:50 AM	AQUATONE GARDEN POOL
11:30 AM-12 PM	BREATHING STUDIO
1:30-2:20 PM	AQUATONE GARDEN POOL
4:30-5:20 PM	GENTLE YOGA STUDIO
5:30-6:20 PM	INT/ADVANCED YOGA STUDIO

WEDNESDAY

6:30-7:20 AM	SPIN & CORE SPIN ROOM
8-8:30 AM	HIIT STUDIO
9-9:50 AM	BODY SCULPT STUDIO
9-9:50 AM	SPIN SPIN ROOM
10-10:50 AM	GENTLE YOGA STUDIO
11-11:50 AM	AQUATONE GARDEN POOL
11:15-11:45 AM	30-MIN ABS STUDIO
12-12:50 PM	VINYASA FLOW STUDIO
5:30-6:20 PM	SPIN & BURN SPIN ROOM
6:30-7:20 PM	ROPE WALL YOGA STUDIO

THURSDAY

6:30-7:20 AM	BOOT CAMP STUDIO
8-8:50 AM	MAT PILATES STUDIO
8:15-9 AM	SPIN & SCULPT SPIN ROOM
9-9:30 AM	TABATA STUDIO
10:30-11:20 AM	ZUMBA STUDIO
1:30-2:20 PM	AQUATONE GARDEN POOL
4:30-5:20 PM	CARDIO SCULPT STUDIO
5:30-6:20 PM	VINYASA FLOW STUDIO

FRIDAY

6:30-7:20 AM	SPIN & CORE SPIN ROOM
8-8:30 AM	HIIT STUDIO
9-9:50 AM	BODY SCULPT STUDIO
9-10:40 AM	1K CALORIE BURN SPIN ROOM
11-11:50 AM	RESTORATIVE YOGA STUDIO
11-11:50 AM	AQUATONE GARDEN POOL

SATURDAY

9-9:50 AM	DOWNWARD DOG VALLEY PROM
10-10:30 AM	GOLF STRETCH VALLEY PROM
10-10:50 AM	CARDIO SCULPT STUDIO
11-11:50 AM	GENTLE YOGA STUDIO
11-11:50 AM	AQUATONE GARDEN POOL
12-12:50 PM	INT/ADVANCED YOGA STUDIO

SUNDAY

7:30-8:20 AM	SPIN SPIN ROOM
9-9:50 AM	DOWNWARD DOG VALLEY PROM
9-9:50 AM	CIRCUIT TRAINING STUDIO
10-10:50 AM	AQUATONE GARDEN POOL
10-10:50 AM	VINYASA FLOW STUDIO
11-11:50 AM	RESTORATIVE YOGA STUDIO

CLASSES ARE SUBJECT TO CHANGE. CALL THE CLUB DESK AT EXT. 7474 TO LEARN MORE.