

DRYLAND CLASSES (in studio #1, unless otherwise indicated)

EFFECTIVE Sept 2- Dec 31

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05-6:50am			Rowing	Cycling		Lift	
7:05-7:50am							
8:00-8:50am		Gentle Fit	Row & Lift	Gentle Fit	Rowing	Gentle Fit	Cycling
9:00-9:50am	Meta-Bolic	Cycling	Sculpt & Core	Rowing	Metabolic	Sculpt & Core	Step
		#TricoTough TRX Area		#TricoTough TRX Area			
10:00-10:50am	Cycling	Barre	Zumba	Barre	Zumba	Cycling	Barre
		Fit & Fab Gym	sTRXngth +55 TRX Area	Fit & Fab Gym		sTRXngth +55 TRX Area	#TricoTough TRX Area
11:00-11:50am	Rowing		Step		Step		Cycle & Lift
	Roll & Release TRX Area 11:00-11:20	Roll & Release TRX Area 11:00-11:20	Roll & Release TRX Area 11:00-11:20	Roll & Release TRX Area 11:00-11:20	Roll & Release TRX Area 11:00-11:20	Roll & Release TRX Area 11:00-11:20	Roll & Release TRX Area 11:00-11:20
12:00-12:50pm			Cycling	Metabolic	Rowing		Row & Lift
5:00-5:50pm			Step	Barre	Butts & Guts	Rowing	Row with a Pro* 5:15-5:45
6:00-6:50pm		Lift	Cycling	Cycling	Step	Cardio Dance	Rowing
7:00-7:50pm		Rowing		Row & Lift	Cycling		*Starts Nov 2
				#TricoTough TRX Area			

AQUATICS CLASSES (in pool)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:50am		DWW				DWW	
9:00-9:50am		DWW	Aqua Zumba	DWW		DWW	
10:00-10:50am			DWW		DWW		
1:00-1:50pm		DWW		DWW			
3:00-3:50pm			Aqua Bootcamp		Aqua Bootcamp		

MIND/BODY CLASSES (in studio #4, unless otherwise indicated)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05-6:50am		Yoga: Sun Salute			Hip Neutral		
9:00-10:00am	Pilates for the Pevlic Floor		Pilates		Pilates	Hip Neutral	Yoga: Vinyasa 9:15am
10:30-11:30am	Yoga: Vinyasa	Yoga: Yin/Restore	Yoga: Yang/Hatha	Yoga: Yin/Restore	Yoga: Yang/Hatha	Yoga: Yin/Restore	Dadurday Yoga
12:00-1:00pm		Yoga: Yang/Hatha					
4:45-5:45pm		Pilates		Bro-ga		Pilates	
6:00-7:00pm		Yoga: Strong		The Big Chill	Yoga: Hatha		
7:15-8:15pm			Yoga: Hatha	Yoga: Vinyasa		Meditation	



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