

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

EFFECTIVE Sept 1 - Dec 23

	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		Cycling
	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	Sunday School (30 min)	Lift	Cycling 2.0	Metabolic	Rowing	Lift	Row & Lift
5:00 - 5:50pm		Cycling 2.0	Butts & Guts	Barre	Butts & Guts	Rowing	Cycling 2.0
6:00 - 6:50pm		Lift	Step	Cycling	Step	Cycling 2.0	Rowing
		#TricoTough TRX Area					
7:00 - 7:50pm		Rowing	Cycling	Row & Lift	Cycling	Cardio Dance (Starts Oct 1)	
				#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	Aqua Attack		DWW	
10:00 - 10:50am			DWW		DWW	Aqua Zumba	
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		Hip Neutral			Yoga: Sun Salute		
9:00 - 10:00am			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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