

# FITNESS SCHEDULE

(This schedule is subject to change.)

## LAND-FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
LAND FITNESS A.M.	5:30 -6:30 am <b>CYCLE</b>		5:30 -6:30 am <b>CYCLE CORE</b>	5:30 -6:30 am <b>CYCLE</b>	5:30 -6:30 am <b>CYCLE</b>	8:00-9:00 am <b>CYCLE</b>	CYCLE / 3rd Sunday of each month/ 9:30 am
	9:00 -10:00 am #4 <b>INTERVAL AEROBICS</b>	9:00-10:00 am / GYM <b>X-TRAINING</b>	9:00 -10:00 am #4 <b>INTERVAL AEROBICS</b>	7:00-8:00 am #4 <b>DYNAMIC STRETCH</b>	9:00 -10:00 am #4 <b>INTERVAL AEROBICS</b>	8:00-9:00 am #4 <b>LES MILLS BODYPUMP®</b>	
	9:00-10:00 am <b>CYCLE</b>	9:00-9:45 am #4 <b>LES MILLS BODYPUMP®</b>	9:00-10:00 am <b>CYCLE</b>	9:00-10:00 am #4 <b>LES MILLS BODYPUMP®</b>	9:00-10:00 am <b>CYCLE</b>	9:00-9:35 am #4 <b>CXWORX</b>	
	10:00-11:00 am #4 <b>MUSCLE MAKEOVER</b>	9:45-10:20 am #4 <b>CXWORX</b>	9:00-10:00 am #3 <b>ZUMBA</b>	9:00-10:00 am - GYM <b>X-TRAINING</b>	9:00-10:00 am #3 <b>ZUMBA</b>	9:00-10:00 am #3 <b>ZUMBA</b>	
	10:00-11:00 am #3 <b>GENTLE YOGA</b>		10:00-11:00 am #4 <b>INTERMEDIATE YOGA</b>	10:00-11:00 am #4 <b>MUSCLE MAKEOVER</b>	10:05-11:00 am #4 <b>GENTLE YOGA</b>	10:15-11:15 am #4 <b>INTERMEDIATE YOGA</b>	
	11:45-12:45 pm <b>CYCLE</b>	11:30-12:30 pm # 4 <b>ROCK STRAP® BOOKING</b>	11:15-12:15 pm - #4 <b>CHAIR YOGA</b>		11:30-12:30 pm # 4 <b>ROCK STRAP® BOOKING</b>		
LAND FITNESS P.M.	4:50-5:50 pm #4 <b>ZUMBA</b>	5:00-6:00 pm <b>CYCLE</b>	5:15-6:15 pm #4 <b>LES MILLS BODYPUMP®</b>	5:00-6:00 pm <b>CYCLE</b>			
	6:00-6:30 pm #4 <b>LES MILLS BODYPUMP®</b>	6:00-7:00 pm #4 <b>LES MILLS BODYPUMP®</b>	6:15-7:15 pm #4 <b>ZUMBA</b>	5:00-6:00 pm #4 <b>ZUMBA</b>			
	6:30-7:05 pm #4 <b>CXWORX</b>	6:00-7:00 pm #3 <b>ZUMBA</b>	7:05-8:05 pm #3 <b>INTERMEDIATE YOGA</b>	6:05-6:50 pm #4 <b>LES MILLS BODYPUMP®</b>			
	7:00-8:00 pm #3 <b>SEMI-VIGOROUS YOGA</b>	7:05-8:05 pm #3 <b>\$\$ SPECIALTY CLASS</b>		6:50-7:20 pm - #4 <b>CXWORX</b>			
		7:05-8:35 pm #4 <b>INTENSE POWER YOGA</b>					
<b>WATER - FITNESS</b>							
WATER FITNESS A.M.	9:00-9:55 am <b>SPLASH/HYDRO</b> Large Pool	8:00-8:55 am <b>SPLASH</b> Large Pool	9:00-9:55 am <b>SPLASH/HYDRO</b> Large Pool	8:00-8:55 am <b>SPLASH</b> Large Pool	9:00-9:55 am <b>SPLASH/HYDRO</b> Large Pool		
	10:00-10:55 am <b>ZUMBA</b> Large Pool	9:00-10:00 am <b>ARTHRITIS EXERCISE</b> Small Pool	10:00-10:55 am <b>ZUMBA</b> Large Pool	9:00-10:00 am <b>ARTHRITIS EXERCISE</b> Small Pool	10:00-10:55 am <b>ZUMBA</b> Large Pool		
	11:00-12:00 pm <b>ARTHRITIS EXERCISE</b> Small Pool		11:00-12:00 pm <b>ARTHRITIS EXERCISE</b> Small Pool		11:00-12:00 pm <b>ARTHRITIS EXERCISE</b> Small Pool		
WATER FITNESS P.M.	12:00-1:00 pm <b>ARTHRITIS EXERCISE</b> Small Pool		12:00-1:00 pm <b>ARTHRITIS EXERCISE</b> Small Pool		12:00-1:00 pm <b>ARTHRITIS EXERCISE</b> Small Pool		
	5:00-6:00 pm <b>AQUACISE</b> Small Pool		5:00-6:00 pm <b>AQUACISE</b> Small Pool		5:00-6:00 pm <b>AQUACISE</b> Small Pool		
	7:00-8:00 pm <b>SPLASH</b> Small Pool		7:00-8:00 pm <b>SPLASH</b> Small Pool				