



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>AEROBICS</b>	<b>AEROBICS</b>	<b>AEROBICS</b>	<b>AEROBICS</b>		
5:15am	INTERVAL EXPRESS	STEP	INTERVAL EXPRESS	STEP			
6:00am	CORE/PILATES	STRENGTH TRAINING	CORE FLEXIBILITY	STRENGTH TRAINING			
8:30am		YOGA		YOGA			
9:00am	ZUMBA		ZUMBA		STEP		
9:30am		BODY & SOUL		BODY & SOUL			
10:00am	STEP	BOOTCAMP	STEP	BOOTCAMP	ZUMBA		
10:30am						KICKBOXING	
11:00am	PILATES	MOVERS and SHAKERS	YOGA	MOVERS and SHAKERS	PILATES		
12:00pm							
5:15pm	STRENGTH TRAINING						
5:30pm		KICKBOXING	B.A.T	KICKBOXING			
6:00pm	B.A.T. EXPRESS (30						
6:30pm	STEP	STRENGTH TRAINING	ZUMBA	STEP			
7:30pm		YOGA		YOGA			
		<b>C</b>	<b>Y</b>	<b>C</b>	<b>L</b>	<b>E</b>	
5:00am		CYCLE		CYCLE			
5:30am	CYCLE		CYCLE		CYCLE		
9:00am		CYCLE	CYCLE			CYCLE	
9:15am	CYCLE				CYCLE		
6.30pm	CYCLE		CYCLE				
		<b>P</b>	<b>O</b>	<b>O</b>	<b>L</b>		
8:00am	AQUA AEROBICS	AQUA AEROBICS		AQUA AEROBICS	AQUA AEROBICS		
9:00am	AQUA AEROBICS	WATER WAVES	AQUA AEROBICS	WATER WAVES	AQUA AEROBICS		
9:30am						WATER WAVES	
1:00pm	SENIOR SPLASH		SENIOR SPLASH		SENIOR SPLASH		
6.30pm		AQUA AEROBICS		AQUA AEROBICS			