

|  | Monday  | Tuesday               | Wednesday        | Thursday              | Friday          | Saturday  | Sunday  |
|--|---|-----------------------|------------------|-----------------------|-----------------|---|---|
|  |   | <b>AEROBICS</b>       | <b>AEROBICS</b>  | <b>AEROBICS</b>       | <b>AEROBICS</b> |   |   |
| 5:15am   |   | STEP                  |                  | STEP                  |                 |   |   |
| 6:00am   | CORE/PILATES  | STRENGTH TRAINING     | CORE FLEXIBILITY | STRENGTH TRAINING     |                 |   |   |
| 8:30am   |   | YOGA<br>(1 hr 30 min) |                  | YOGA<br>(1 hr 30 min) |                 |   |   |
| 9:00am   | ZUMBA   |                       | ZUMBA            |                       | STEP            |   |   |
| 10:00am  | STEP  | BOOTCAMP              | STEP             | BOOTCAMP              | ZUMBA           |   |   |
| 10:30am  |   |                       |                  |                       |                 | KICKBOXING  |   |
| 11:00am  | PILATES   | MOVERS and SHAKERS    | YOGA             | MOVERS and SHAKERS    | PILATES         |   |   |
|  |   |                       |                  |                       |                 |   |   |
| 5:15pm   | STRENGTH TRAINING   |                       |                  |                       |                 |   |   |
| 5:30pm   |   | BOOTCAMP              | B.A.T            | KICKBOXING            |                 |   |   |
| 6:00pm   | B.A.T. EXPRESS<br>(30 MIN)  |                       |                  |                       |                 |   |   |
| 6:30pm   | STEP  | STRENGTH TRAINING     | ZUMBA            | STEP                  |                 |   |   |
|   |   | <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<br>(9:05)   |                       | CYCLE<br>(9:05)  |                       | CYCLE<br>(9:05) | CYCLE   |   |
| 9:15am   |   |                       |                  |                       |                 |   |   |
| 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   |   |   |
| 5.30 pm  |   |                       |                  | AQUA AEROBICS         |                 |   |   |
| 6.30pm   |   | AQUA AEROBICS         |                  |                       |                 |   |   |