

CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM		 AIDE Cathy (35 min)		 AIDE Cathy (35 min)			
9:00 AM						 BLAST Michelle (40 min)	 POWER Evan (35 min)
9:30 AM	 AIDE Clarence (40 min)	 ACTIVE Erica (40 min)	 groove Jean (40 min)  AIDE Kerri (35 min)	 BLAST Michelle (40 min)	 AIDE Kerri (35 min)	 AIDE Clarence (40 min)	
10:00 AM							 fight Travis (40 min)
10:30 AM						 YOGA Brenda D. (45 min)	
11:30 AM		 GENTLE YOGA Taura (45 min)			 GENTLE YOGA Brenda H. (45 min)		
12:00 PM							 GENTLE YOGA Taura (45 min)
4:30 PM	 CENTERGY Michelle (40 min)	 POWER Travis (40 min)	 BLAST Nicole (40 min)  AIDE Travis (40 min)				
5:00 PM							
5:30 PM	 AIDE Bernadette (40 min)  ACTIVE Michelle (40 min)	 fight Evan (40 min)	 CENTERGY Chris (40 min)				
6:30 PM	 GENTLE YOGA Brenda H (45 min)						
6:45 PM		 YOGA Taura (45 min)					

 **motosumo**

See app for Motosumo
Schedule



Club Hours

Monday -Thursday: 6 AM - 9 PM
Friday: 6 AM - 7 PM
Saturday & Sunday: 8 AM - 4 PM

Pool Hours

Monday - Friday: 7:00 AM - 7:30 PM
Friday: 7:00 AM - 6:30 PM
Saturday & Sunday: 8:30 AM - 3:30 PM