

CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM		 AIDE Cathy (40 min)		 AIDE Cathy (40 min)			
9:00 AM						 BLAST Michelle (40 min)	 POWER Evan (35 min)
9:30 AM	 AIDE Clarence (40 min)  POWER Libra (35 min)	 ACTIVE Erica (40 min)	 groove Jean (40 min)  AIDE Kerri (40 min)	 BLAST Michelle (40 min)	 AIDE Kerri (40 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)		
11:45 AM							
12:00 PM		 motosumo Motosumo (45 min)		 motosumo Motosumo (45 min)			 GENTLE YOGA Taura (45 min)
4:30 PM	 CENTERGY Michelle (40 min)	 POWER Travis (35 min)	 BLAST Nicole (40 min)				
5:00 PM				Motosumo (45 min)			
5:30 PM	 AIDE Bernadette (40 min)  ACTIVE Michelle (40 min)	 fight Evan (40 min)	 AIDE Travis (40 min)  CENTERGY Chris (40 min)				
6:00 PM				 motosumo Motosumo (45 min)			
6:45 PM		 YOGA Taura (45 min)					
7:15 PM	 GENTLE YOGA Brenda H. (45 min)						

Club Hours

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

Pool Hours

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