

GROUP EX SCHEDULE - UPDATED 1/12/23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle 6:30am Clodagh	Cycle 9:00am Maleise	Cycle 6:30am Clodagh	Barre 9:00am Wendy	Aqua Fit 7:15am Beth	Vinyasa/ Yin Yoga 8:30am Samina
Aqua Fit 7:15am Hannah	CardioYo 10:30am Diane	Aqua Fit 7:15am Hannah	Cycle 9:00am Marleise	Tai Chi 8:00am Lia	Cycle 8:30am Marleise
Aqua Strength & Flex 8:30am Hannah	Vinyasa Flow Yoga 10:30am Kristi	Tai Chi 8:00am Lia	Vinyasa Flow Yoga 10:30am Kristi	Aqua Yoga 8:30am LuAnn	Zumba 10:00am Ann
Barre 9:00am Wendy	Body Sculpt 12:00pm Marleise	Aqua Fusion 8:15am Hannah	CardioYo 10:30am Diane	Zumba Gold 10:00am Mary	Body Sculpt 10:00am Marleise
Gym Orientation 9:00am Kristi	Flow & Sculpt 4:30pm Angel	HIGH Fitness 9:00am Lacey	Body Sculpt 12:00pm Marleise	Sit & Be Fit 11:15am Marleise	
Lift & Balance 10:15am Diane	Zumba 5:45pm Nataliya	Lift & Balance 10:15am Diane	Pilates 4:30pm Nataliya	Vinyasa Flow Yoga 3:45pm Kristi	
Chair Yoga 11:15am Diane		Chair Yoga 11:15am Diane	Zumba 5:45pm Nataliya		
Pilates 12:15pm Kristi		Yogalates 12:15pm LuAnn			
Vinyasa Flow Yoga 5:30pm Angel		HIIT It 4:15pm Hannah			
Cycle 5:45pm Beth		Vinyasa Flow Yoga 5:30pm Kristi			
		Cycle 5:45pm Ashlee			

- Leisure Pool
- Studio 1
- Studio 2
- Tennis Court
- Weight Room

