

GROUP FITNESS SCHEDULE

COMMENCES JAN 8 2020

MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM	9:30AM	9:30AM	9:30AM	9:30AM	8:30AM	9:00AM
WEIGHTS & ABS BRENDA	TABATA BRENDA	ZUMBA KATHRYN	CIRCUIT TRAINING BRENDA	YOGA YVONNE	SPINNING SANDRA	YOGA YVONNE

					9:45AM	
					MUSCLE SCULPT BRENDA	

EVENING CLASSES

NEW TIME FOR ZUMBA ON TUESDAY'S

5:30PM	5:30PM	5:30PM	5:30PM	5:30PM	
SPINNING SANDRA	ZUMBA KATHRYN	SPINNING TELLY	ZUMBA ADALILA	SPIN/SCULPT SANDRA	
6:30PM	6:30PM	6:30PM NEW	6:00PM		
ON THE BALL SANDRA	PILATES COMBO YVONNE	YOGA ANNIE	MUSCLE SCULPT SANDRA	I ♥ SPIN	

	7:30PM
	YOGA YVONNE



**WE DON'T WANT TO BE THE CLUB
WITH THE MOST MEMBERS
WE WANT TO BE THE CLUB
WITH THE MOST SUCCESSFUL MEMBERS**

Please see reception for a ticket to the class you wish to attend and give it to your instructor at the beginning of each class.

CLUB HOURS

MONDAY - FRIDAY 5:00AM-11:00PM
SATURDAY-SUNDAY 8:00AM-7:00PM

CHILDCARE HOURS

MORNING 9:00AM-12:00PM MON-WED-SAT
EVENING 5:00PM-8:00PM TUES AND THURS

FOLLOW US ON SOCIAL MEDIA FOR ALL CLUB UPDATES



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