

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45 AM		Functional		Yoga Flow			
9:00 AM	Aqua Upper		Aqua Circuit				
10:30 AM		Body-Ballet					
11:00 AM	Body Sculpt			Aqua Low			
12:00 PM	Pilates	Yoga	Low Body	Cycle			Interval
12:30 PM				Lady's only	Dance Class		
1:00 PM	Yoga	Aqua Mix Body Tonus	Stretching	Stretching	Aqua Interval	Body Sculpt	Yoga Flow
1:30 PM					Functional	Aqua Low	
6:15 PM				Yoga			
6:30 PM	Intro		Functional		Body Tonus Swimming		
7:00 PM	Aqua Intro	Body Sculpt	Aqua Mix				
7:30 PM	Lady's only		Stretching	Functional Body-Ballet			
8:00 PM		Yoga Flow		Synrgy 360 Motion			
8:30 PM		Boxing			Boxing		