



Weekly Class Schedule

Current as of 09/11/2022. Schedule subject to change without notice.

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		Power Flex 6:00AM - 6:45AM	Power Flex 6:00AM - 6:45AM	Power Flex 6:00AM - 6:45AM	Power Flex 6:00AM - 6:45AM	Power Flex 6:00AM - 6:45AM	
7:00am							
8:00am		Yoga 8:00AM -8:45AM	Yoga 8:00AM -8:45AM	Yoga 8:00AM -8:45AM	Yoga 8:00AM -8:45AM	Yoga 8:00AM -8:45AM	Cardio Kick 8:00AM - 9:00AM
9:00am		Water Workout 9:00AM - 9:45AM	Silver Sneakers 9:00AM - 9:45AM	Water Workout 9:00AM - 9:45AM	Silver Sneakers 9:30AM - 10:15AM	Water Workout 9:00AM - 9:45AM	Yoga 9:00AM -9:45AM
10:00am							Pickleball 10:00AM - 12:00PM
11:00am							
12:00pm							
1:00pm			Pickleball 1:00PM - 3:00PM		Pickleball 1:00PM - 3:00PM		
2:00pm							
3:00pm							
4:00pm							
5:00pm				Yoga 5:00PM -5:30PM			
6:00pm		Cardio Kick 5:45PM - 6:45PM		Cardio Kick 5:45PM - 6:45PM	Martial Arts 6:00PM - 9:00PM		
7:00pm							
8:00pm							
9:00pm							