



# Weekly Class Schedule

Current as of 04/01/2023. Schedule subject to change without notice.

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		<b>Power Flex</b> 6:00AM - 6:45AM	<b>Power Flex</b> 6:00AM - 6:45AM	<b>Power Flex</b> 6:00AM - 6:45AM	<b>Power Flex</b> 6:00AM - 6:45AM	<b>Power Flex</b> 6:00AM - 6:45AM	
7:00am							
8:00am		<b>Yoga</b> with Nancy 8:00AM -8:45AM	<b>Yoga</b> Class Led 8:00AM -8:45AM	<b>Yoga</b> with Nancy 8:00AM -8:45AM	<b>Yoga</b> Class Led 8:00AM -8:45AM	<b>Yoga</b> with Michele 8:00AM -8:45AM	<b>Cardio Kick</b> 8:00AM - 9:00AM
9:00am		<b>Water Workout</b> 9:00AM - 9:45AM	<b>Silver Sneakers</b> 9:00AM - 9:45AM	<b>Water Workout</b> 9:00AM - 9:45AM		<b>Water Workout</b> 9:00AM - 9:45AM	<b>Yoga</b> with Michele 9:10AM -10:00AM
9:30am					<b>Silver Sneakers</b> 9:30AM -10:15AM		
10:00am		<b>Pickleball for Beginners</b> 9:00AM - 11:00AM		<b>Pickleball for Beginners</b> 9:00AM - 11:00AM			<b>Pickleball</b> 10:00AM - 12:00PM
11:00am							
12:00pm							
1:00pm			<b>Pickleball</b> 1:00PM - 3:00PM		<b>Pickleball</b> 1:00PM - 3:00PM		
2:00pm							
3:00pm							
5:00pm							
6:00pm		<b>Cardio Kick</b> 5:45PM - 6:45PM		<b>Cardio Kick</b> 5:45PM - 6:45PM	<b>Martial Arts</b> 6:00PM - 9:00PM		
7:00pm							
8:00pm							