

Fitness Club Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 PM	PUMP		PUMP				
5:30PM		STEP					
6:00PM							
6:30PM	KICKBOXING	YOGA	PILATES	YOGA	KICKBOXING		
7:00PM							
7:30PM							
8:00PM							

CYCLING ROOM

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30AM							
7:00AM							
7:30AM							
8:00AM						AM CLASS	
8:30AM							
9:00AM							
9:30AM							
10:00AM							
5:00PM							
5:30PM	PM CLASS	PM CLASS	PM CLASS				
6:00PM							