



SPRING 2024

DAY	TIME	CLASS	STUDIO
MONDAY	07:15-07:45	MORNING 30	UPPER
	09:30 – 10:00	ZUMBA	UPPER
	10:00-10:30	TOTAL BODY CONDITIONING	LOWER
	10:30 – 11:30	PILATES	UPPER
	18:00 - 18:45	POWER PUMP	UPPER
	19:00-19:30	SPIN 30	LOWER
TUESDAY	09:30 – 10:00	SPIN 30	LOWER
	10:10– 10:40	BOOGIE BOUNCE	LOWER
	18:00 – 18:45	CIRCUITS	LOWER
	18:45 – 19:30	HATHA YOGA	UPPER
WEDNESDAY	09:30-10:00	LEGS, BUMS & TUMS	UPPER
	10:20 -10:50	ALL FIT	UPPER
	11:00 – 11:45	AQUA	POOL
	18:00-18:30	PUMP 30	UPPER
	18:30-19:00	SPIN 30	LOWER
THURSDAY	07:00-07:30	SPIN 30	LOWER
	09:30-10:15	ZUMBA 45	UPPER
	10:25-10:50	CORE CONDITIONING	UPPER
	18:00 – 18:30	BOX CIRCUIT	UPPER
	18:40-19:10	WEIGHTLIFTING WORKSHOP ^{NEW}	GYM
FRIDAY	07:15 – 07:45	BOOTCAMP RISER	UPPER
	09:30 – 10:15	SPIN & CORE	LOWER
	10:30-11:00	BOOGIE BOUNCE ^{NEW}	LOWER
	10:30 – 11:15	PILATES	UPPER
SATURDAY	09:30-10:30	YOGA	UPPER
	10:30-11:00	HIIT	LOWER
SUNDAY	10:00 – 11:00	SLO FLOW YOGA	UPPER
	11:00-11:45	CIRCUITS	LOWER
	14:00-14:45	WEIGHTLIFTING WORKSHOP ^{NEW}	GYM

PLEASE BOOK FOR ALL CLASSES. NOTE THAT THE WEIGHTLIFTING WORKSHOP IS STRICTLY LIMITED TO 4 PEOPLE PER SESSION.

CARDIO	MIX CV/ WEIGHTS	STRENGTH	FLEXIBILITY/ ALL LEVELS