

## GFX STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM		<b>LES MILLS BODYPUMP</b> LESLIE 5:45			<b>LES MILLS BODYFLOW</b> LESLIE 5:45	
8AM		<b>LES MILLS CORE</b> SANDY		<b>LES MILLS CORE</b> TERRENCE		
8:30AM 8:45AM	<b>LES MILLS BODYPUMP</b> 8:45 SANDY	<b>ZUMBA</b> 8:30 BONNIE	<b>LES MILLS BODYPUMP</b> 8:45 SANDY	<b>ZUMBA</b> 8:30 BONNIE	<b>LES MILLS BODYPUMP</b> 8:45 SANDY	
9:15AM 9:35AM 10AM	<b>PILATES</b> 10AM JULIE 45MIN	<b>RESTORATIVE YOGA</b> 9:35AM ROB	<b>PILATES</b> 10AM KIM D 45 MIN	<b>BLENDED YOGA</b> 9:35AM ROB	<b>PILATES</b> 10AM JULIE 45MIN	<b>LES MILLS BODYPUMP</b> 9:15AM LESLIE
10:15AM 10:45AM	<b>SILVER SNEAKERS</b> YOGA 10:45 TERRI	<b>SILVER SNEAKERS</b> 10:45 SANDY	<b>SILVER SNEAKERS</b> 10:45 BONNIE	<b>STRETCH AND TONE</b> 10:45 KIM	<b>ZUMBA gold</b> 10:45 BONNIE	<b>LES MILLS BODYFLOW</b> 10:15 (30) LEE/LESLIE
5PM		<b>CORE!</b> AUDREA/MEL		<b>LES MILLS BODYPUMP</b> LESLIE (45)		↓**FLOW For Flexibility
5:30PM	<b>HIP HOP CARDIO</b> DEVON (45)	<b>CLUB JAM</b> MEG & JEREMY(45)	<b>LES MILLS CORE</b> JOAN (30)			
6:15PM 6:20PM	<b>LES MILLS BODYCOMBAT</b> 6:20 (45) TERRENCE	<b>YOGA</b> 6:20PM GERRY/ROB	<b>CLUB JAM</b> 6:05PM JASMINE			

## CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY 8:15 AM
5:15AM 5:45AM	<b>LES MILLS RPM</b> 5:45AM MARK		<b>LES MILLS RPM</b> 5:15AM PL		
8:15AM 8:30AM 9:50AM	<b>LES MILLS RPM 30</b> 9:50AM SANDY	<b>LES MILLS sprint</b> 8:30 AM MARK		<b>LES MILLS sprint</b> 8:30 AM TERRENCE	<b>LES MILLS RPM</b> 8:15AM LEE
5:30/5:45PM 6:15PM	<b>LES MILLS RPM</b> 5:30PM LESLIE	<b>LES MILLS sprint</b> 5:45PM JOAN	<b>LES MILLS sprint</b> 6:15PM MARK	<b>LES MILLS RPM</b> 5:45PM LEE	

## BLUE ROOM

	MON	TUES	WED	THU	FRI	SAT
5:15AM	<b>FITCAMP</b> ALISON	<b>COMBAT CARDIO</b> ELIZABETH	<b>FITCAMP</b> ALISON	<b>COMBAT CARDIO</b> TERRENCE	<b>FITCAMP</b> ALISON	
9AM	<b>FatBlast</b> PUSH/PULL RHONDA	<b>Combat Cardio</b> CRYSTE	<b>FatBlast LEGS</b> LINDSAY	<b>Combat Cardio</b> CRYSTE	<b>FatBlast ARMS/CORE</b> LINDSAY	<b>FatBlast</b> LINDSAY
12:10PM	<b>FatBlast 45</b> PUSH/PULL APRIL	<b>Combat Cardio 45</b> CRYSTE	<b>FatBlast 45</b> LEGS APRIL	<b>Combat Cardio 45</b> CRYSTE	<b>FatBlast 45</b> ARMS/CORE APRIL	
5:30PM	<b>FatBlast UPPER</b> LINDSAY	<b>FatBlast CARDIO</b> RHONDA	<b>FatBlast LOWER</b> LINDSAY	<b>FatBlast CARDIO</b> ELIZABETH		

## POOL CLASSES

	MON	TUE	WED	TH	FRI
9AM	<b>AQUA TABATA</b> KIM R	<b>H2O CARDIO</b> SANDY	<b>H2O CARDIO</b> BONNIE	<b>H2O CARDIO</b> KIM R	<b>AQUA ZUMBA</b> BONNIE
10AM	<b>ARTHRITIS</b> KIM R		<b>ARTHRITIS</b> SANDY		<b>ARTHRITIS</b> SANDY
5:45 6:00 PM		<b>AQUA TABATA</b> 6PM SHERRY		<b>AQUA BOXING</b> 5:45PM SHERRY	

# JANUARY 2023

We will be closed on  
January 1st

January 2nd classes canceled:  
5:45am RPM, 9am FatBlast,  
5:30pm Hip Hop,  
6:20pm BodyCombat

