

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM AQUAFIT ROZ	8:30 AM PILATES HANNA	9:00 AM AQUAFIT TANNAZ	9:00 AM AQUAFIT KAREN	6:15 AM BOOT CAMP KAREN W	8:30 AM CYCLE JENNIFER	8:30 AM CYCLE LISA M
9:30 AM CARDIO CIRCUIT HEATHER	9:00 AM AQUAFIT MAURICIO	9:30 AM CYCLE GAYLE	9:30 AM PILATES BARRE NADINE	9:00 AM AQUAFIT SIMIN	9:00 AM VINYASA YOGA LISA S	9:30 AM ATHLETIC CIRCUIT LIAD
9:30 AM PILATES BARRE VAL	9:30 AM UPPER BODY & CARDIO ROZ	9:30 AM BOOT CAMP LIAD	9:30 AM ZUMBA LIAD	9:30 AM CYCLE LISA M	9:30 AM BOOT CAMP KAREN W	9:30 AM CYCLE LISA M
10:00 AM AQUAFIT ROZ	9:30 AM PILATES HANNA	10:00 AM AQUAFIT MAKAN	10:30 AM PILATES NADINE	10:00 AM AQUAFIT SIMIN	9:30 AM CYCLE MAURICIO	10:30 AM PILATES BONNIE
10:30 AM PILATES VAL	10:30 AM ZUMBA ALLA	10:30 AM PILATES JENNIFER	10:30 AM LOWER BODY & CORE HEATHER	9:30 AM CARDIO CIRCUIT ALIN	10:00 AM YOGALATES LISA S	11:30 AM HATHA YOGA MABEL
10:30 AM MUSCLE SCULPT HEATHER	10:30 AM YOGALATES JENNIFER	10:30 AM MUSCLE SCULPT GAYLE	11:30 AM YOGALATES LISA S	10:30 AM MUSCLE MIX ALIN	10:30 AM MUSCLE MIX KAREN W	11:30 AM MUSCLE SCULPT GAIL
11:30 AM ZUMBA LIAD	11:30 AM GENTLE YOGA JENNIFER	11:30 AM GENTLE YOGA JENNIFER	11:30 AM FOREVER STRONG JOY	10:30 AM PILATES NADINE	11:00 AM PILATES VAL	12:30 PM HATHA YOGA MABEL
12:30 PM EXPRESS (30min) CATHY	11:30 AM FOREVER STRONG JOY	12:30 PM ZUMBA GAIL	12:30 PM EXPRESS (30min) CATHY	12:00 PM GENTLE YOGA ORLI	11:30 AM ZUMBA ALLA	12:30 PM ZUMBA STEPH
				12:00 PM ZUMBA ALLA		



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4:30 PM MUSCLE MIX ALIN	5:30 PM PILATES VAL	4:30 PM MUSCLE MIX ALIN	5:30 PM MUSCLE SCULPT LIAD
5:30 PM MUSCLE SCULPT ALIN	5:30 PM MUSCLE SCULPT LISA S	5:30 PM CARDIO SCULPT ALIN	5:30 PM PILATES VAL
5:30 PM PILATES BONNIE	6:30 PM ATHLETIC CIRCUIT ROZ	5:30 PM PILATES BONNIE	6:30 PM PILATES VAL
6:30 PM BOOT CAMP LESLEY	6:30 PM PILATES BARRE VAL	6:30 PM MUSCLE MIX LESLEY	7:30 PM ZUMBA CLAUDIA
6:30 PM YOGALATES LISA S	6:30 PM CYCLE MELISSA	7:30 PM CYCLE LESLEY	7:30 PM HATHA YOGA JULIE
7:30 PM CYCLE LESLEY	7:30 PM GENTLE YOGA MABEL	7:30 PM YOGALATES MABEL	8:30 PM HATHA YOGA JULIE
7:30 PM GENTLE YOGA ORLI	7:30 PM ZUMBA CLAUDIA	8:30 PM HATHA YOGA MABEL	
7:30 PM ZUMBA ALLA	8:30 PM LATIN JAM ALLA	8:30 PM ZUMBA JOHANNA	
8:30 PM HATHA YOGA ORLI	8:30 PM HATHA YOGA MABEL		

ROOM LOCATIONS

MAIN STUDIO

CYCLE

POOL

STUDIO B

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