

## AEROBICS ROOM

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30	Power Pump	Zumba	TRX	Zumba	TRX	Cardio Kickboxing	TRX
9:30	Functional Fitness	Body Sculpt	Body Defined	Body Sculpt	Move and Tone	Zumba	
10:30	U-JAM	TRX	Zumba		Zumba		
PM							
5:30	TRX	Zumba	Zumba	<b>UJAM - 6pm</b>			
6:30	U-JAM	Functional Fitness	Strength & Endurance		Strength & Endurance		

## SPIN ROOM

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45	SPIN	SPIN	SPIN	SPIN	SPIN		
7:30							SPIN
8:30	SPIN		SPIN		SPIN	SPIN	
<b>9 - 10:30</b>		Rip N Ride - Spin		Rip N Ride - Spin			
PM							
5:30	SPIN		SPIN				
6:00		SPIN					
6:30				SPIN			

## YOGA ROOM

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30	ROLLER PILATES	<b>Yoga Rehab</b>	YOGA	GENTLE YOGA	MAT PILATES	TAICHI CHUAN	
9:30	YOGA	<b>9:00 - 10:20AM</b>	TAI CHI	MAT PILATES	YOGA	YOGA	YOGA
10:30	CHI GONG	Mat Pilates	CHI GONG		CHI GONG	TAI CHI	
PM							
4:00			MEDITATION 4: 30pm	YOGA CALM 5pm			
5:30	YOGA	YOGA	YOGA	SLOW FLOW YOGA			
6:30		TAI-CHI	YOGA				

Monday - Friday 5am - 10pm, Saturday 7am - 7pm, Sunday 7am - 5pm