

DECE			-			Schedu	ıle	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30am	BODYPUMP							
7:00am								
	STRONG		STRONG		STRONG			
	Zumba-				7umba_Lisa			
8.00am	Lisa				Zuilina-Lisa			
9:00am			BODY SCULPT		BODYPUMP	BODYPUMP		
9:00am 9:30AM	Ату	TONING-KIT		TONING-KIT	Alvit			
9:30AM						Tonya		
10.20.00	SILVER		SILVER		SILVER			
10:30am	SNEAKERS		SNEAKERS		SNEAKERS	ZUIVIDA J UK J KF		
11:00am		FUN&MOTION		FUN&MOTION		ZUMBA		
		CLAUDIA		CLAUDIA		10:30/11:30		
12:00pm								
42.45214					BODYPUMP			
12:15PM					Greta			
3:00pm	3-4:00PM			3-4:00PM			Table Tennis	
	BALLERINAS			BALLERINAS	TADIE		3-6PM	
4:00pm	ΒΔΙΙFRINAS				_			
5:00pm	SET UP		SET UP					
5:30nm	BODYPUMP	Zumba	BODYPUMP	Zumba				
5.50pm	Tonya	CARLEE (KF)	Tonya	CARLEE (KF)				
6:30pm		_						
Time		-	Wednesday	Thursday	Friday	Saturday		
	Wohday	Tuesday	weathestay	marsuay	PIYO	Saturday		
7:45am					LAURA			
8:00am			ΡΙΥΟ					
0.000			LISA					
8:30am								
	Darbara(1.5ms)	PILATES	FUSION	Darbara(1.5ms)	FUSION	ΡΙΥΟ		
9:00am		CONNIE	SUMMER		SUMMER			
10.00am		Stretch the		Stretch the				
10.00411		Limits Claudia		Limits Claudia				
10:15am	FLEXIBILITY							
	10.15 CONTINE							
10:30am								
5·20nm	BEG. Yoga	PILATES	Reg Vogo Eric					
-	Eric	CONNIE						
Time	-			-				
0.00	Aquacise	Aquacise	-	Aquacise Leslie	Aquacise Leslie			
9:00am	Leslie	Leslie	Diana					
	Leslie	Leslie	Diana		POOL CLEANING			
9:00am 11:30am	Leslie	Leslie	Diana		POOL CLEANING 1 HR			
11:30am	Leslie	Aquacise	Diana	Aquacise				
11:30am 5:30pm		Aquacise Anna		Anna	1 HR			
11:30am 5:30pm Time	Leslie Monday	Aquacise Anna Tuesday	Wednesday	Anna Thursday				
11:30am 5:30pm		Aquacise Anna		Anna	1 HR			
11:30am 5:30pm Time		Aquacise Anna Tuesday		Anna Thursday	1 HR			
11:30am 5:30pm Time 5:00AM		Aquacise Anna Tuesday MICHELLE		Anna Thursday MICHELLE	1 HR			
	Time 5:30am 7:00am 8:00am 9:00am 9:30AM 10:30am 11:00am 12:15PM 3:00pm 4:00pm 3:00pm 5:00pm 5:00pm 4:00pm 3:00am 4:00pm 5:30pm 5:30pm 5:30pm 5:30pm 5:30pm 10:15am	PiesTimeMonday5:30amBODYPUMP Greta7:00amFLEXIBLE & STRONG8:00amZumba- Lisa9:00amBODYPUMP Amy9:30AMSILVER SNEAKERS10:30amSILVER SNEAKERS11:00amSILVER SNEAKERS12:00pmBODYPUMP Greta3:00pm3-4:00PM Greta3:00pm3-4:00PM BALLERINAS4:00pm3-4:00PM SET UP5:00pmBODYPUMP SET UP5:30pmBODYPUMP SET UP5:30pmZUMBA JOENELLE KF10:0amZUMBA JOENELLE KF10:0amYOGA Barbara(1.5hrs)9:00amYOGA Barbara(1.5hrs)10:15amFLEXIBILITY 10:15 Connie10:30amFLEXIBILITY 10:15 Connie10:30amBEG. Yoga EricTimeMonday	PlexBlow 2- of a TimeMondayTuesday5:30amBODYPUMP Greta	Pleuse allow 2-5 where it is a strength of the str	Please allow 2-5 wind with the set of the sector of the se	Please slow 2-5 with out interest of the sector o	Please allow 2-5 min. of transition time between classes Friday Saturday Time Monday Tuesday Wednesday Thursday Friday Saturday 5:30am BODYPUMP Greta BODYPUMP STRONG Soturday BODYPUMP STRONG Soturday 7:00am FLEXIBLE & STRONG FLEXIBLE & STRONG FLEXIBLE & STRONG Soturday BODYPUMP AMY BODYPUMP 9:00am BODYPUMP Amy TONING-KIT BODY SCULPT ZUMBA TONING-KIT BODYPUMP AMY BODYPUMP SET UP BODYPUMP SET UP BODYPUMP SET UP BODYPUMP Tonya BODYPUMP SET UP BODYPUMP Tonya SILVER SILVER SILVER SILVER SILVER SILVER ZUMBA 10:30/11:30 10:30am SILVER STEAKERS SILVER SILERINAS SILVER SILERINAS ZUMBA 10:30/11:30 ZUMBA 10:30/11:30 12:100pm BODYPUMP Greta CAUDIA ZUMBA 10:30/11:30 BODYPUMP SET UP SILVER SILERINAS ZUMBA 10:30/11:30 12:100pm BALLERINAS ZUMBA 10:30/11:30 BODYPUMP SET UP SILVER SILERINAS SILVER SILERINAS SILVER SILERINAS SILVER SILERINAS SILVER SILERINAS S	Time Monday Tuesday Wednesday Thursday Friday Saturday Sunday 5:30am BODYPUMP BODYPUMP BODYPUMP BODYPUMP BODYPUMP 7:00am FLEXIBLE & STRONG FLEXIBLE & STRONG FLEXIBLE & STRONG FLEXIBLE & STRONG FLEXIBLE & STRONG FUNING-KIT 9:00am BODYPUMP Amy ZUMBA Amy BODY SCULPT ZUMBA TONING-KIT BODYPUMP Amy BODYPUMP 9:00am SILVER SNEAKERS SILVER SNEAKERS SILVER SNEAKERS SILVER SNEAKERS SILVER SNEAKERS SILVER SNEAKERS ZUMBA TONING-KIT Table Tennis DODYPUMP 10:30am SILVER SNEAKERS SILVER SNEAKERS SILVER SNEAKERS SILVER SNEAKERS ZUMBA TONING-KIT ZUMBA 10:30/11:30 Table Tennis 3:00pm 11:00am FUN&MOTON CLAUDIA Greta SILVER SNEAKERS SILVER SNEAKERS ZUMBA 10:30/11:30 ZUM