

STRENGTH

CARDIO

MIND & BODY

LOW IMPACT

All Classes ▾

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am		<b>HIIT &amp; Sculpt</b> 5:30 am - 6:15 am with Lainna		<b>HIIT &amp; Sculpt</b> 5:30 am - 6:15 am with Lainna		
6:00 am	<b>Les Mills Body Pump</b> 6:00 am - 7:00 am with Mary		<b>Les Mills Body Pump</b> 6:00 am - 7:00 am with Mary		<b>Les Mills Body Pump</b> 6:00 am - 7:00 am with Mary	
6:30 am						
8:30 am	<b>Cardio Circuit</b> 8:30 am - 9:30 am with Emily	<b>Pilates</b> 8:30 am - 9:30 am with Paige	<b>Cardio Circuit</b> 8:30 am - 9:30 am with Emily	<b>Yoga</b> 8:30 am - 9:30 am with Cass	<b>Cardio Kickboxing</b> 8:30 am - 9:30 am with Chris	
9:00 am						<b>Les Mills Body Pump</b> 9:00 am - 10:00 am with Tracy
9:30 am	<b>Les Mills Body Pump</b> 9:40 am - 10:40 am	<b>Conditioning for Life</b> 9:30 am - 10:30 am with Paige	<b>Les Mills Body Pump</b> 9:40 am - 10:40 am with Stacie		<b>Les Mills Body Pump</b> 9:40 am - 10:40 am	
10:00 am	<b>AquaFit</b> 10:00 am - 11:00 am With Aubrey		<b>AquaFit</b> 10:00 am - 11:00 am With Aubrey	<b>Conditioning for Life</b> 10:00 am - 11:00 am with Aubrey	<b>AquaFit</b> 10:00 am - 11:00 am With Aubrey	
10:30 am			<b>Country Line Dance</b> 10:45 am - 11:45 am with Viki			
11:00 am		<b>SWAS Aquafit</b> 11:00 am - 12:00 pm with Patty of SWAS		<b>SWAS Aquafit</b> 11:00 am - 12:00 pm with Patty of SWAS		
11:30 am						
5:00 pm		<b>Les Mills Body Pump</b> 5:00 pm - 6:00 pm with Tracy		<b>Les Mills Body Pump</b> 5:00 pm - 6:00 pm with Tracy		
5:30 pm						