

Weekly Class Plan

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15am-8am	Indoor Cycle		Indoor Cycle				
10am-11am		Boxercise					
11am-12pm		Fitness Pilates				Kids Splash	Kids Splash
12pm-1pm						Indoor Cycle	
6:15pm-7:00pm	Boxercise	Body Conditioning	Step	Body Conditioning	Core Galore		
7:00pm-8:00pm	Fitness Pilates	Indoor Cycle	Aqua Aerobics	Indoor Cycle			
8:00pm-8:45pm	Indoor Cycle	Boot Camp	Indoor Cycle				