



GROUPX SCHEDULE - GX1

SUN	MON	TUE	WED	THU	FRI	SAT
	5:30AM Cardio Strength Intervals		5:30AM Cardio Strength Intervals		5:30AM Cardio Strength Intervals	
	8:30AM Cardio Strength Intervals	8:30AM Zumba	8:30AM Cardio Strength Intervals	8:30AM HIIT	8:30AM HIIT	8:00AM Les Mills BODYPUMP
	9:30AM Cardio Strength Intervals	9:30AM Pilates Fusion	9:30AM NIA Fusion Fitness	9:30AM Zumba	9:30AM Les Mills BODYCOMBAT	9:00AM Les Mills BODYCOMBAT
	10:30AM Les Mills BODYPUMP	10:30AM Les Mills BODYPUMP	10:30AM Les Mills BODYPUMP	10:30AM Les Mills BODYPUMP	10:30AM Les Mills BODYPUMP	10:00AM Zumba
3:00PM Les Mills BODYPUMP	3:45PM Tai Chi			3:45PM Tai Chi		
	5:30PM Interval Training	5:30PM Les Mills BODYPUMP	5:30PM Les Mills BODYCOMBAT	5:30PM Les Mills BODYPUMP	5:30PM Zumba	
	6:30PM Zumba	6:30PM Zumba	6:30PM HIIT	6:30PM Zumba		
	7:30PM Meditation					

GROUPX SCHEDULE - CYCLE ROOM

SUN	MON	TUE	WED	THU	FRI	SAT
	9:30AM Cycle	9:30AM Cycle and Sculpt		9:30AM Cycle and Sculpt	9:30AM Cycle	9:30AM Cycle and Sculpt
	10:30AM Yoga - Chair	10:30AM Yoga - Chair		10:30AM Yoga - Chair		
2:30PM Les Mills (VIRTUAL)						
	5:30PM Cycle	5:45PM Cycle	5:30PM Cycle			



GROUPX SCHEDULE - GX2

SUN	MON	TUE	WED	THU	FRI	SAT
	8:30AM Pilates Fusion	8:30AM HIIT		8:30AM Yoga - Power	8:30AM Rev + Flow	9:00AM NIA Fusion Fitness
	9:30AM AOA - Low Impact	9:30AM Core	9:30AM Barre Fusion	9:30AM Pilates Fusion	9:30AM Sculpt and Core	10:00AM Yoga - Flow
	10:30AM Stretch	10:30AM Stretch	10:30AM Stretch	10:30AM Stretch	10:30AM Stretch	
	11:00AM Yoga - Gentle	11:00AM Yoga	11:00AM Yoga - Gentle	11:00AM Yoga	11:00AM Yoga - Flow	
1:30PM Yoga						
2:00PM Zumba						
	5:30PM KidsFit	5:30PM Yoga		5:30PM Yoga		
	6:30PM PiYo	6:30PM Core	6:00PM Yoga - Flow	6:30PM Pilates		

GROUPX SCHEDULE - POOL

SUN	MON	TUE	WED	THU	FRI	SAT
	8:00AM Aqua Fitness (Shallow)	8:00AM Aqua Fitness (Deep)	8:00AM Aqua Fitness (Shallow)	8:00AM Aqua Fitness (Deep)	8:00AM Aqua Fitness	8:00AM Aqua Fitness
	8:45AM Aqua Fitness	8:45AM Aqua Fitness (Shallow)	8:45AM Aqua Fitness (Shallow)	8:45AM Aqua Fitness (Shallow)	8:45AM Aqua Fitness (Shallow)	
1:15PM Aqua Fitness						

GROUPX SCHEDULE - GYM

SUN	MON	TUE	WED	THU	FRI	SAT
		9:30AM AOA - Chair Fitness		9:30AM AOA - Chair Fitness		