



PREMIUM CLASS SCHEDULE

MONDAY			TUESDAY			WEDNESDAY		
TIME	CLASS	LOCATION	TIME	CLASS	LOCATION	TIME	CLASS	LOCATION
7:00 AM	BARRE LIFT	LG ROOM	8:15 AM	PILATES (MAT)	BARRE	7:00 AM	BARRE LIFT	LG ROOM
8:30 AM	HYDROFITNESS	POOL	8:30 AM	POUND (30)	LG ROOM	8:30 AM	IMMERSIVE CYCLE	CYCLE
8:30 AM	IMMERSIVE CYCLING	CYCLE	9:00 AM	CORE & MORE	LG ROOM	9:15 AM	FLOW YOGA	YOGA
9:30 AM	BARRE (MIX LEVEL)	BARRE	9:15 AM	AQUABATA	POOL	9:30 AM	RIP (45)	LG ROOM
9:30 AM	RIP (45)	LG ROOM	9:30 AM	CARDIO BARRE	BARRE	10:30 AM	GENTLE WALL YOGA	YOGA
11:00 AM	BELLY DANCE FITNESS	BARRE	10:30 AM	GENTLE STRETCH YOGA	LG ROOM	4:00 PM	AQUA BODYWORKS	POOL
5:00 PM	POUND (45)	LG ROOM	11:30 AM	FIT 4 LIFE	BARRE	5:30 PM	CARDIO BARRE	BARRE
6:00 PM	AQUA BODYWORKS	POOL	6:00 PM	AQUA BODYWORKS	POOL	5:30 PM	POUND (30)	LG ROOM
6:00 PM	FREE STYLE CYCLING	CYCLE	6:00 PM	BARBELL TABATA	YOGA	6:15 PM	CORE & MORE	YOGA
						7:00 PM	SLOW FLOW YOGA	YOGA
THURSDAY			FRIDAY			SATURDAY		
8:15 AM	PILATES (MAT)	YOGA	8:30 AM	ZUMBA	LG ROOM	8:15 AM	ZUMBA	YOGA
9:15 AM	AQUABATA	POOL	8:30 AM	HYDROFITNESS	POOL	8:30 AM	IMMERSIVE CYCLING	CYCLE
9:30 AM	CARDIO BARRE	BARRE	8:30 AM	IMMERSIVE CYCLING	CYCLE	9:30 AM	BARRE (MIX LEVEL)	BARRE
10:30 AM	SLOW FLOW YOGA	LG ROOM	9:30 AM	BARRE (MIX LEVEL)	BARRE	9:30 AM	AQUA BODYWORKS	POOL
11:30 AM	FIT 4 LIFE	BARRE	9:30 AM	RIP (45)	LG ROOM	9:30 AM	POUND (30)	LG ROOM
4:00 PM	CHAIR TO FLOOR	BARRE	10:30 AM	YIN YOGA	LG ROOM	10:30 AM	YOGA FOR ATHLETES	LG ROOM
						11:30 AM	FIT 4 LIFE	LG ROOM