PREMIUM CLASS SCHEDULE

MONDAY

TIME	CLASS	LOCATION
7:00 AM	BARRE LIFT	LG ROOM
8:30 AM	HYDROFITNESS	POOL
8:30 AM	IMMERSIVE CYCLING	CYCLE
9:30 AM	BARRE (MIX LEVEL)	BARRE
9:30 AM	RIP (45)	LG ROOM
11:00 AM	BELLY DANCE FITNESS	BARRE
5:00 PM	POUND (45)	LG ROOM
6:00 PM	AQUA BODYWORKS	POOL
6:00 PM	SPINSTICKS	CYCLE

TUESDAY

TIME	CLASS	LOCATION
8:15 AM	PILATES (MAT)	BARRE
8:30 AM	CORE & MORE	LG ROOM
9:15 AM	AQUABATA	POOL
9:30 AM	POUND (30)	LG ROOM
9:30 AM	CARDIO BARRE	BARRE
10:30 AM	GENTLE STRETCH YOGA	LG ROOM
11:30 AM	FIT 4 LIFE	BARRE
6:00 PM	AQUA BODYWORKS	POOL
6:00 PM	BARBELL TABATA	LG ROOM

WEDNESDAY

TIME	CLASS	LOCATION
7:00 AM	BARRE LIFT	LG ROOM
8:30 AM	IMMERSIVE CYCLE	CYCLE
9:15 AM	FLOW YOGA	YOGA
9:30 AM	RIP (45)	LG ROOM
10:30 AM	GENTLE WALL YOGA	YOGA
4:00 PM	AQUA BODYWORKS	POOL
5:30 PM	CARDIO BARRE	BARRE
5:30 PM	POUND (30)	LG ROOM
6:00 PM	CORE & MORE	LG ROOM
7:00 PM	SLOW FLOW YOGA	YOGA

THURSDAY

8:15 AM	PILATES (MAT)	BARRE
9:15 AM	AQUABATA	POOL
9:30 AM	CARDIO BARRE	BARRE
10:30 AM	SLOW FLOW YOGA	YOGA
11:30 AM	FIT 4 LIFE	BARRE

FRIDAY

8:30 AM	ZUMBA	YOGA
8:30 AM	HYDROFITNESS	POOL
8:30 AM	IMMERSIVE CYCLING	CYCLE
9:30 AM	BARRE (MIX LEVEL)	BARRE
9:30 AM	RIP (45)	LG ROOM
10:30 AM	YIN YOGA	LG ROOM

SATURDAY

8:15 AM	ZUMBA	YOGA
8:30 AM	CYCLE TRIVIA	CYCLE
9:30 AM	BARRE (MIX LEVEL)	BARRE
9:30 AM	AQUA BODYWORKS	POOL
9:30 AM	POUND (30)	LG ROOM
10:30 AM	FLOW YOGA	YOGA
11:30 AM	FIT 4 LIFE	LG ROOM