GROUP FITNESS CLASS SCHEDULE

VILLAGE FITNESS

MONDAY

TIME	CLASS	LOCATION
7:00 AM	BARRE LIFT	BARRE
8:00 AM	ZUMBA	YOGA
8:00 AM	HYDROFITNESS	POOL
8:00 AM	IMMERSIVE CYCLING	CYCLE
9:00 AM	BARRE	BARRE
9:00 AM	RIP (45)	LG ROOM
10:00 AM	SLOW FLOW YOGA	YOGA
11:00 AM	BELLY DANCE FITNESS	BARRE
5:00 PM	POUND (30)	LG ROOM
5:30 PM	SPINSTICKS	CYCLE
6:00 PM	HYDROFITNESS	POOL

TUESDAY

TIME	CLASS	LOCATION
8:00 AM	PILATES (MAT)	BARRE
8:00 AM	CORE & MORE	LG ROOM
9:00 AM	AQUABATA	POOL
9:00 AM	POUND (45)	LG ROOM
9:00 AM	CARDIO BARRE	BARRE
10:00 AM	GENTLE STRETCH YOGA	YOGA
11:00 AM	GENTLE STRETCH YOGA	YOGA
11:00 AM	FIT 4 LIFE	BARRE
4:45 PM	BARBELL TABATA	LG ROOM
6:00 PM	HYDROFITNESS	POOL

WEDNESDAY

TIME	CLASS	LOCATION
7:00 AM	BARRE LIFT	BARRE
8:00 AM	IMMERSIVE CYCLING	CYCLE
9:00 AM	RIP (45)	LG ROOM
9:00 AM	AQUAPOWER	POOL
10:00 AM	STRONG 4 LIFE	BARRE
10:00 AM	GENTLE WALL YOGA	YOGA
4:00 PM	HYDROFITNESS	POOL
5:00 PM	RESTORE & FLOW YOGA	YOGA
5:30 PM	CORE & MORE	BARRE
6:30 PM	POUND (30)	LG ROOM

THURSDAY

8:00 AM	PILATES (MAT)	BARRE
9:00 AM	AQUABATA	POOL
9:00 AM	CARDIO BARRE	BARRE
10:00 AM	FLOW YOGA	YOGA
11:00 AM	FIT 4 LIFE	BARRE

FRIDAY

8:00 AM	HYDROFITNESS	POOL
8:00 AM	IMMERSIVE CYCLING	CYCLE
9:00 AM	ZUMBA (45)	YOGA
9:00 AM	BARRE	BARRE
9:00 AM	RIP (45)	LG ROOM
10:00 AM	YIN YOGA	YOGA
11:00 AM	YIN YOGA	YOGA

SATURDAY

8:00 AM	CYCLE TRIVIA	CYCLE
8:00 AM	BARRE LIFT	BARRE
8:00 AM	ZUMBA	YOGA
9:00 AM	BARRE	BARRE
9:00 AM	HYDROFITNESS	POOL
9:00 AM	POUND (45)	LG ROOM
10:00 AM	FLOW YOGA	YOGA
11:00 AM	FIT 4 LIFE	LG ROOM