

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 2pm - YOGA @ Group X	1 5am - WOMEN & 5:15am - Les Mills RPM @ 6:30am - Deep Aqua @ 7:30am - Aqua Mobility @ 7:30am - YOGA @ 8:30am - AOA FIT FOR	2 5:30am - Y Fit @ Group x 7:45am - Women and 8:30am - Aqua Flex @ 8:30am - Low impact 8:45am - Y Kettlebells @ 9:30am - Active Older	3 5:15am - Les Mills SPRINT 6:30am - Deep Aqua @ 7:30am - Aqua Mixer @ 8:30am - AOA FIT FOR 8:30am - Les Mills SPRINT 8:30am - Shallow HIIT @	4 5am - Les Mills Bodypump 7:30am - Aqua Low @ 7:30am - YOGA for 8:30am - Active Older 8:30am - Aquacize @ 8:30am - BARRE @ Group	5 5am - Les Mills 5:15am - Les Mills SPRINT 6:30am - Deep Aqua @ 8:30am - AOA FIT FOR 8:30am - Heart Healthy 8:30am - Y Fit @ GROUP	6 8:30am - BOXING @ 8:30am - Les Mills 8:30am - Yoga @ Group X 8:30am - ZUMBA @ Group 8:30am - ZUMBA Toning 8:30am - ZUMBA/ZUMBA
7 2pm - YOGA @ Group X	8 5am - WOMEN & 5:15am - Les Mills RPM @ 6:30am - Deep Aqua @ 7:30am - Aqua Mobility @ 7:30am - YOGA @ 8:30am - AOA FIT FOR	9 5:30am - Y Fit @ Group x 7:45am - Women and 8:30am - Aqua Flex @ 8:30am - Low impact 8:45am - Y Kettlebells @ 9:30am - Active Older	10 5:15am - Les Mills SPRINT 6:30am - Deep Aqua @ 7:30am - Aqua Mixer @ 8:30am - AOA FIT FOR 8:30am - Les Mills SPRINT 8:30am - Shallow HIIT @	11 5am - Les Mills Bodypump 7:30am - Aqua Low @ 7:30am - YOGA for 8:30am - Active Older 8:30am - Aquacize @ 8:30am - BARRE @ Group	12 5am - Les Mills 5:15am - Les Mills SPRINT 6:30am - Deep Aqua @ 8:30am - AOA FIT FOR 8:30am - Heart Healthy 8:30am - Y Fit @ GROUP	13 8:30am - BOXING @ 8:30am - Les Mills 8:30am - Yoga @ Group X 8:30am - ZUMBA @ Group 8:30am - ZUMBA Toning 8:30am - ZUMBA/ZUMBA
14 2pm - YOGA @ Group X	15 5am - WOMEN & 5:15am - Les Mills RPM @ 6:30am - Deep Aqua @ 7:30am - Aqua Mobility @ 7:30am - YOGA @ 8:30am - AOA FIT FOR	16 5:30am - Y Fit @ Group x 7:45am - Women and 8:30am - Aqua Flex @ 8:30am - Low impact 8:45am - Y Kettlebells @ 9:30am - Active Older	17 5:15am - Les Mills SPRINT 6:30am - Deep Aqua @ 7:30am - Aqua Mixer @ 8:30am - AOA FIT FOR 8:30am - Les Mills SPRINT 8:30am - Shallow HIIT @	18 5am - Les Mills Bodypump 7:30am - Aqua Low @ 7:30am - YOGA for 8:30am - Active Older 8:30am - Aquacize @ 8:30am - BARRE @ Group	19 5am - Les Mills 5:15am - Les Mills SPRINT 6:30am - Deep Aqua @ 8:30am - AOA FIT FOR 8:30am - Heart Healthy 8:30am - Y Fit @ GROUP	20 8:30am - BOXING @ 8:30am - Les Mills 8:30am - Yoga @ Group X 8:30am - ZUMBA @ Group 8:30am - ZUMBA Toning 8:30am - ZUMBA/ZUMBA
21 2pm - YOGA @ Group X	22 5am - WOMEN & 5:15am - Les Mills RPM @ 6:30am - Deep Aqua @ 7:30am - Aqua Mobility @ 7:30am - YOGA @ 8:30am - AOA FIT FOR	23 5:30am - Y Fit @ Group x 7:45am - Women and 8:30am - Aqua Flex @ 8:30am - Low impact 8:45am - Y Kettlebells @ 9:30am - Active Older	24 5:15am - Les Mills SPRINT 6:30am - Deep Aqua @ 7:30am - Aqua Mixer @ 8:30am - AOA FIT FOR 8:30am - Les Mills SPRINT 8:30am - Shallow HIIT @	25 5am - Les Mills Bodypump 7:30am - Aqua Low @ 7:30am - YOGA for 8:30am - Active Older 8:30am - Aquacize @ 8:30am - BARRE @ Group	26 5am - Les Mills 5:15am - Les Mills SPRINT 6:30am - Deep Aqua @ 8:30am - AOA FIT FOR 8:30am - Heart Healthy 8:30am - Y Fit @ GROUP	27 8:30am - BOXING @ 8:30am - Les Mills 8:30am - Yoga @ Group X 8:30am - ZUMBA @ Group 8:30am - ZUMBA Toning 8:30am - ZUMBA/ZUMBA
28 2pm - YOGA @ Group X	29 5am - WOMEN & 5:15am - Les Mills RPM @ 6:30am - Deep Aqua @ 7:30am - Aqua Mobility @ 7:30am - YOGA @ 8:30am - AOA FIT FOR	30 5:30am - Y Fit @ Group x 7:45am - Women and 8:30am - Aqua Flex @ 8:30am - Low impact 8:45am - Y Kettlebells @ 9:30am - Active Older	31 5:15am - Les Mills SPRINT 6:30am - Deep Aqua @ 7:30am - Aqua Mixer @ 8:30am - AOA FIT FOR 8:30am - Les Mills SPRINT 8:30am - Shallow HIIT @	1 5am - Les Mills Bodypump 7:30am - Aqua Low @ 7:30am - YOGA for 8:30am - Active Older 8:30am - Aquacize @ 8:30am - BARRE @ Group	2 5am - Les Mills 5:15am - Les Mills SPRINT 6:30am - Deep Aqua @ 8:30am - AOA FIT FOR 8:30am - Heart Healthy 8:30am - Y Fit @ GROUP	3 8:30am - BOXING @ 8:30am - Les Mills 8:30am - Yoga @ Group X 8:30am - ZUMBA @ Group 8:30am - ZUMBA Toning 8:30am - ZUMBA/ZUMBA