



Group X Schedule

Child Watch Monday-Friday

8AM-11AM & 3PM-7PM

Saturday 8AM-1:30PM

No Wednesday Evening Child Watch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM						
8:15 AM	Power Burn	Muscle Mix Lite / Spin	Circuit	Power Burn 75 Minutes	Kickboxing/Spin	
8:30 AM						
9:15 AM					Circuit	
9:30 AM	Dance Fitness	Power Burn Strength/ Yoga	Dance Fitness	Muscle Mix Lite		9:00 AM Spin with Sophia
10:00 AM						
10:30 AM			Pilates		SeniorFitness	
11:00 AM	Dance Fitness Lite					
11:30 AM		Senior Fitness	Senior Fitness			
5:00 PM	20/20/20			20/20/20		
5:30 PM		Spin with Sophia		Spin with Sophia		