




































	MON	TUES	WED	THUR	FRI
5:15 – 6:15 am		LES MILLS BODYPUMP		LES MILLS BODYPUMP	
7:15 – 8:00 am					
8:30 – 9:20 am					
8:30 – 9:30 am	 Toning (in Aerobic Room)	 (in Aerobic Room) LES MILLS BODYCOMBAT (these two alternating every other week)	 Toning (in Aerobic Room)		 Toning (in Aerobic Room)
	 ZUMBA (in back classroom)		 ZUMBA (in back classroom)		 ZUMBA (in back classroom)
9:00 – 10:00 am	 Circuit Training (in Women's only room)		 Circuit Training (in Women's only room)		 Circuit Training (in Women's only room)
9:30 – 10:30 am	 TBT Total Body Tabata™ (30 minutes)		LES MILLS BODYCOMBAT Express (30 min)		 TBT Total Body Tabata™ (30 minutes)
10:00 – 11:00 am					 (in back classroom)
10:15 – 11:00 am					
10:30 – 11:15 am		TAI CHI		TAI CHI	
11:15 – 12:00 pm		SENIOR 		SENIOR 	
12:15 – 1:00 pm	LES MILLS BODYCOMBAT (Express – 45 min)	LES MILLS BODYPUMP (Express – 45 min)	LES MILLS BODYCOMBAT (Express – 45 min)	LES MILLS BODYPUMP (Express – 45 min)	
1:15 – 2:00 pm					
5:30 – 6:30 pm	 (in back classroom)	LES MILLS BODYCOMBAT (Express – 45 min)  (On tennis courts)	 (in back classroom)	 (in back classroom)	
	LES MILLS BODYPUMP		LES MILLS BODYPUMP	LES MILLS BODYCOMBAT (Express – 45 min)  (On tennis courts)	
6:30 – 7:30 pm		LES MILLS BODYPUMP		LES MILLS BODYPUMP	

Classes will be cancelled on all major holidays unless notified by instructor.

Club Hours:

M-F 5:00am-10:00pm
Sat 7:00am-9:00pm
Sun 1:00pm-8:00pm

Child Care Hours:

M-F 8:30am-10:45am
M-TH 4:30pm-7:30pm * (childcare workers leave at 6:30 if there are no children)

updated :4/17/2019