

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	FIELD HOUSE	<b>LES MILLS SPRINT</b> (30 min)		<b>LES MILLS SPRINT</b> (30 min)				
		<b>LES MILLS CORE</b> (30 min) Julie		<b>LES MILLS CORE</b> (30 min) Julie				
8:00 am	FIELD HOUSE	<b>CYCLE</b> Charlene	<b>CYCLE</b> Lisa	<b>CYCLE</b> Maureen	<b>CYCLE</b> Maureen	<b>CYCLE</b> Lisa	<b>CYCLE</b> Charlene	
	GYM	<b>INTERVAL TRAINING</b> Lisa	<b>BARRE</b> Kerri	<b>TRX</b> (30 min) Lisa		<b>BARRE</b> Tracy		<b>STEP &amp; SCULPT</b> Tammy
9:00 am	FIELD HOUSE	<b>LES MILLS BODY PUMP</b> Jane	<b>TABATA KICKBOXING</b> Maureen	<b>INTERVAL TRAINING</b> Charlene	<b>LES MILLS BODY PUMP</b> Kerri	<b>INTERVAL TRAINING</b> Kerri	<b>LES MILLS BODY PUMP</b> Jane	<b>LES MILLS BODY ATTACK</b> Nicole
	GYM				<b>TRX &amp; Rowing Circuit FULL HOUR</b> Charlene & Tracy	<b>Rowing CIRCUIT</b> Tracy		
10:00 am	FIELD HOUSE	<b>ZUMBA</b> (10:15AM) Jane	<b>INTERVAL TRAINING</b> Maureen	<b>TABATA KICKBOXING</b> Jane	<b>ZUMBA</b> (10:15AM) Gina		<b>ZUMBA</b> (10:15AM) Jane	
	GYM					<b>TRX</b> (30 min) Tracy		<b>YOGA</b> Rose
11:00 am	FIELD HOUSE	<b>SENIOR SPARTANS</b> Lorraine	<b>TENNIS F.I.T.</b> (45 min) Lisa & Beatrice	<b>SENIOR SPARTANS</b> Maureen	<b>TENNIS F.I.T.</b> (45 min) Charlene & Tracy	<b>SENIOR SPARTANS</b> Lorraine		
12:00 pm	ZOOM 1 <sup>st</sup> Mon. of the month	<b>DISH IT OUT</b> *(30 min) Charlene						
3:00 pm	GYM		<b>YOUTH TRAINING</b> Chris		<b>YOUTH TRAINING</b> Chris			
4:30 pm	GYM	<b>INTERVAL TRAINING</b> Sharon	<b>Rowing CIRCUIT</b> Tracy	<b>INTERVAL TRAINING</b> Karla	<b>TRX</b> (30 min) Tracy			
5:30 pm	FIELD HOUSE	<b>LES MILLS BODY PUMP</b> Kerri	<b>CYCLE</b> Carly	<b>LES MILLS BODY PUMP</b> Jane	<b>CYCLE</b> Carly			
	GYM		<b>BARRE</b> Kerri		<b>Rowing CIRCUIT</b> Tracy			
6:30 pm	GYM		<b>VINYASA FLOW</b> Juliana		<b>YOGA</b> Joy			

Schedule as of: 4/26/21

Please note schedule is subject to change without notice.

**\*ONLY 1<sup>ST</sup> MONDAY OF EACH MONTH**

**-ALL CLASS ARE 1 HOUR UNLESS NOTED OTHERWISE**

**-REGISTRATION IS REQUIRED FOR ALL CLASSES VIA OUR APP**



**\*DUE TO COVID-19 RESTRICTIONS AND LIMITATIONS, CLASSES MAY CHANGE AT ANY TIME WITHOUT NOTICE**

**🏋️ STRENGTH**

🟦	POWER SCULPT, ROWING, CORE
🟨	TRX

**🏋️🏃 STRENGTH & CARDIO**

🟩	INTERVAL TRAINING
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**🧘 MINDBODY**

🟪	YOGA, PILATES, BARRE
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**LES MILLS**

🟥	BODY PUMP, BODY ATTACK
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**OTHER**

🟩	CYCLE, CYCLE CIRCUIT
🟪	ZUMBA
🟩	TENNIS F.I.T.
🟨	TABATA KICKBOXING
🟪	YOUTH TRAINING
🟩	SENIOR HOUR
🟩	ZOOM

