

Time	Monday		Tuesday		Wednesday			Thursday			Friday															
6:00 AM	HIIT Gerard		Core Gerard		HIIT Gerard			Core Gerard			HIIT Gerard															
6:29 AM																										
6:30 AM	HIIT Gerard				HIIT Gerard						HIIT Gerard															
7:00 AM																										
7:30AM																										
8:00 AM	Yoga Natalie		Aqua II Gerard		Yoga Natalie		Aqua II Gerard			Yoga Natalie			Aqua II Gerard													
8:30 AM																										
8:59 AM																										
9:00 AM	Beginner Line Dance Mary Lee		Aqua II Trenton		Light Aerobics Gerard		Aqua II Trenton			Light Aerobics Gerard			Beginner Line Dance Mary Lee		Aqua II Trenton											
9:15 AM																										
9:25 AM																										
9:30 AM																										
9:55 AM																										
9:59 AM																										
10:00 AM	Line Dancing Mary Lee		Aqua II Trenton		Aqua II Gerard		Aqua I1 Trenton			Aqua II Trenton			Line Dance Mary Lee		Aqua II Trenton											
10:30 AM																										
10:59 AM																										
11:00 AM	Sit N' Fit Gerard				Line Dancing Junie		Sit N' Fit Gerard			Line Dancing Junie			Sit N' Fit Trenton													
11:30 AM																										
12:00 PM																										
4:30 PM	Step -N- Strength Brittany						Fit & Fab Obi																			
5:00 PM																										
5:29 PM																										
5:30 PM	Yoga Carl		Let's Ride Brittany		Line Dancing Mary Lee		Core Zone Obi			Let's Ride Brittany		Yoga Carl														
5:59 PM																										
6:00 PM	Lower Body Blast Brittany		Zumba Tia		Aqua II Julius		Aqua II Julius		HIIT & Run Brittany		Line Dancing Mary Lee		HIIT Obi		Zumba Tia		Aqua II Julius		Let's Ride Brittany		Yoga Carl		Aqua II Julius		Zumba Basic Samuel	
6:29 PM																										
6:30 PM	Upper Body Blast Brittany		Zumba Tia		Aqua II Julius		Aqua II Julius		HIIT & Run Brittany		Line Dancing Mary Lee		HIIT Obi		Zumba Tia		Aqua II Julius		Let's Ride Brittany		Yoga Carl		Aqua II Julius		Zumba Basic Samuel	
6:45 PM																										
6:59 PM																										
7:00 PM			Zumba Serilda								Stretch & Release Brittany		Zumba Samuel													
7:30 PM																										
8:00 PM																										