

December 2022



Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:00a		POWER HOUR Jordan	POWER HOUR Jordan	POWER HOUR Jordan	POWER HOUR Jordan	
7:00-7:45a						
8:00-9:00a	Vinyasa Yoga Kathryn	Muscle Pump Shauna	Vinyasa Yoga Kathryn	Muscle Pump Shauna	Vinyasa Yoga Blaise	
9:00-10:00a	PILATES Shauna	PILATES & TONING Shauna	HIIT Marisella	BARRE BLEND Sarah	CORE & BODY BURN Yvette	
10:00-11:00a	GENTLE YOGA Blaise		GENTLE YOGA Kathryn		GENTLE YOGA Blaise	
5:30-6:30p	Kettlebell Trainig Randy		Kettlebell Training Randy			
6:30-8:20p			<i>Line Dancing</i> Mireya			
7:00-8:30p						

Studio 1

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9:00a						
10:00a	POUND Marisella					
6:00-7:00	ZUMBA Debbie		ZUMBA Debbie			
7:00-8:00p	HATHA/GENTAL FLOW Fae		HATHA/GENTAL FLOW Fae			

Spin Room

9-9:45a	<i>Spin</i> Marisella					
6:00p		<i>Spin</i> Shauna		<i>Spin</i> Shauna		

Aquatics

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00a	Aquarobics Sara	Aquarobics Sara	Aquarobics Sara	Aquarobics Sara	Aquarobics Sara	
9:00a	Aquarobics Faunell	Aquarobics Faunell	Aquarobics Faunell	Aquarobics Faunell	Aquarobics Faunell	
5:00p	Aquarobics Lea	Aquarobics Lea		Aquarobics Lea		
6:00p	Aquarobics Lea	Aquarobics Lea		Aquarobics Lea		