



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Sculpt	5:30-6:30am		5:30-6:30am		5:30-6:30am	
Spinning		5:30-6:30am		5:30-6:30am		7:30-8:30am
P90Y	8:30-9:30am		8:30-9:30am		8:30-9:30am	8:30-9:30am
Swimnastics Held in Rec Pool	10:30-11:15am	9:00-9:45am	10:30-11:15am	9:00-9:45am	10:30-11:15am	
Swimnastics Held in Rec Pool	11:15-12:00pm	9:45-10:30am	11:15-12:00pm	9:45-10:30am	11:15-12:00pm	
Target Training		9:30-10:30am		9:30-10:30am		
Spinning	9:30-10:30am		9:30-10:30am		9:30-10:30am	
Walking Held outside or in gym		9:30-10:30am		9:30-10:30am		
SAIL		10:45-11:45am		10:45-11:45am		
Fast & Fit Lunch	12:10-12:40pm		12:10-12:40pm		12:10-12:40pm	
Abs & Spinning	4:30-5:30pm		4:30-5:30pm		4:30-5:30pm	
Difficulty with Movement	12:30-1:00pm		12:30-1:00pm			
Family Spinning		4:30-5:15pm		4:30-5:15pm		
Zumba	5:30-6:30pm		5:30-6:30pm			
Cardio Kickboxing		5:30-6:30pm		5:30-6:30pm		
Pilates Held in Childcare on Wed.	6:30-7:30pm		6:30-7:30pm			
Yoga Held in Childcare	6:30-7:30pm			6:30-7:30pm		
Hydro – Fit Held in Lap Pool	7:00-8:00pm	5:15-6:15pm	7:00-8:00pm	5:15-6:15pm		
Kick Spin		6:30-7:30pm		6:30-7:30pm		
Spin Circuit	7:30-8:30pm		7:30-8:30pm			9:30-10:30am
Aqua Zumba Held in Lap Pool		7:30-8:15pm		7:30-8:15pm		
Spinning		7:30-8:30pm		7:30-8:30pm		
Swimnastics Held in Rec Pool		7:30-8:15pm		7:30-8:15pm		