



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		AEROBICS	AEROBICS	AEROBICS	AEROBICS		
5:15am	POWER 45	STEP	POWER 45	STEP			
6:00am	CORE/PILATES	STRENGTH TRAINING	CORE FLEXIBILITY	STRENGTH TRAINING			
8:30am		YOGA (1 hr 30 min)		YOGA (1 hr 30 min)			
9:00am	ZUMBA		ZUMBA		STEP	ZUMBA	
10:00am	STEP	BOOTCAMP	STEP	BOOTCAMP	ZUMBA		
10:30am							
11:00am	PILATES	MOVERS and SHAKERS	YOGA	MOVERS and SHAKERS	PILATES		
5:15pm	STRENGTH TRAINING						
5:30pm		BOOTCAMP	B.A.T	KICKBOX			
6:00pm	B.A.T. EXPRESS (30)						
6:30pm	STEP	STRENGTH TRAINING	ZUMBA	STEP			
		C	Y	C	L	E	
5:00am		CYCLE		CYCLE			
5:30am	CYCLE		CYCLE		CYCLE		
9:00am	CYCLE (9:05)		CYCLE (9:05)		CYCLE (9:05)	CYCLE	
6.30pm	CYCLE		CYCLE				
		P	O	O	L		
8:00am	AQUA AEROBICS	AQUA AEROBICS		AQUA AEROBICS	AQUA AEROBICS		
9:00am	AQUA AEROBICS	WATER WAVES	AQUA AEROBICS	WATER WAVES	AQUA AEROBICS		
9:30am						WATER WAVES	
1:00pm	SENIOR SPLASH		SENIOR SPLASH		SENIOR SPLASH		
5.30pm				AQUA AEROBICS			
6.30pm		AQUA AEROBICS					