

Monday/Wednesday

6:10am	Rhythm Ride	85
	HIIT Cardio Strong	176
12:10pm	TRX	85
	Yoga Synergy	176
	Hydro-Fit	Leisure Pool
12:15pm	Jazzercise Express	87
4:10pm	BoxMaster HIIT	87
	Cycle/TRX Fusion	85
	HIIT Power Step	176
5:15pm	Cycle Wave Circuit	85
	Kettle & Core	87
	Yoga Synergy	176
	Hydro-Fit	Leisure Pool
6:10pm	HIIT Power Step	176
	SWOLE	87
7:00pm Mon only	Bachelor Ride	85
7:10pm Mon only	Upper Body Burnout	176
7:10pm Wed only	Cycle Wave Circuit	85
	Yoga Synergy	176
7:10pm	Boxmaster Level 1	87
8:10pm	HIIT Cardio Strong	87
	Yoga Synergy	176

Tuesday/Thursday

6:10am	Boxmaster Level 1	87
9:10am	Boxmaster Level 1	87
12:10pm	INSANITY	85
	Pilates Power	87
4:10pm	Boxmaster Level 1	87
	Yoga Synergy	176
5:15pm	Jazzercise	176
	Rhythm Ride	85
	Upper Body Burnout	87
6:10pm	HIIT Cardio Strong	87
6:15pm	TRX	85
	Jazzercise Express	176
7:10pm	Boxmaster HIIT	87
7:15pm	Cycle/INSANITY Fusion	85
7:30pm	Kettle & Core	176
8:15pm	SWOLE	87

Friday/Sunday

6:10am Friday	Rhythm Ride	85
12:10pm Friday	TRX	85
	Yoga Synergy	176
	Hydro-Fit	Leisure Pool
12:15pm Friday	Jazzercise Express	87
7:00pm Sunday	Zumba	85