

Lifelong fit

CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am TONE	9am Mat Pilates	8am Yoga Flow	8am Yoga Flow	9:15am BODYFLOW	9:30am Aqua Sculpt	
8:30am Vinyasa Flow	9:30am Aqua Sculpt	9:15am Spin	9:15am Mat Pilates		10:30am Yoga Flow	8:30am Aqua Sculpt
9:30am Aqua Sculpt	9:30am Les Mills TONE		9:30am Aqua Sculpt			10:30am BODYFLOW
10:30am Mat Pilates			10:45am ZUMBA Gold			11:15am ZUMBA
	<u>12pm Power Walk</u>				<u>12pm Power Walk</u>	
	<u>Lifelong Lifting Club</u>			4:30pm Les Mills TONE	<u>Lifelong Lifting Club</u>	
	5:30pm Yoga Flow	5:30pm Yoga Flow	4:30pm BODYFLOW	5:30pm Spin		
	6:30 BODYJAM	5:45pm Spin	5:30pm CORE	6pm Yoga Flow		
	7pm BODYFLOW	7pm BODYFLOW	7pm Yoga Flow	7:15pm BODYFLOW		
		7:15 Zumba Toning				