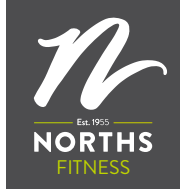


SPRING TIMETABLE



MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY



SATURDAY

SUNDAY

MORNING

BODY PUMP™ LES MILLS 6:25am-7:10am 2	CYCLE 5:30am-6:15am 2	FUNCTIONAL STRENGTH 5:30am-6:15am	BODY ATTACK 6:15am-7:00am 1	ABS, BUTTS & THIGHS 6:15am-7:00am 1	ROOFTOP NZONE 8:15-9:00am NEW	BODY PUMP™ LES MILLS 8:30am-9:15am 1
FUNCTIONAL STRENGTH 6:35am-7:20am	HYBRID 6:15am-7:00am	BODY PUMP™ LES MILLS 6:15am-7:00am 1	BOXING 6:30am-7:15am 1	CYCLE 6:30am-7:15am 2	CYCLE 8:30am-9:15am 2	BARRE ATTACK 9:15am-10:00am 2
PILATES 7:45am-8:30am 1	CORE 6:15am-6:30am	CYCLE 6:30am-7:15am 2	CARDIO SWEAT 7:30am-8:00am	NON-RUNNER RUN CLUB 7:00am-7:45am NEW	BODY ATTACK 8:30am-9:15am 1	POWER VINYASA 9:20am-10:20am 1
AQUA 8:00am-8:45am	YOGALATES 6:30am-7:05am NEW	AQUA HIIT 7:30am-8:15am	BARRE 8:00am-9:00am 2	FUNCTIONAL STRENGTH 7:30am-8:15am	AQUA 9:30am-10:15am	
BODY PUMP™ LES MILLS 8:45am-9:30am 1	HYBRID 6:35am-7:05am	AQUA 8:30am-9:15am	AQUA 8:30am-9:15am	AQUA 8:30am-9:15am	BODY PUMP™ LES MILLS 9:30am-10:15am 1	
AQUA 9:30am-10:15am	CORE 7:05am-7:20am	AQUA 9:30am-10:15am	HATHA 9:00am-10:00am 1	AQUA 9:30am-10:15am	PILATES 9:30am-10:15am 2	
HATHA 10:00am-11:00am 1	AQUA 8:30am-9:15am	GROUP GROOVE 9:30am-10:15am 1	AQUA 9:30am-10:15am	ZUMBA 9:30am-10:30am	AQUA 10:30am-11:15am	
AQUA 10:30am-11:15am	AQUA 9:30am-10:15am	YOGA FLOW 10.30am-11.20am 1	AQUA 10:30am-11:15am	AQUA 10:30am-11:15am	SALSATION 10:30am-11:15am 1	
SALSATION 11:05am-11:50am 2	AQUA 10:30am-11:15am	BALLET BEGINNER 10:30am-11:30am 2	THEATRE JAZZ 10.15 am-11:15am 1	BALLET 10:30am-11:30am	AQUA 11:30am- 12:15pm	
PULSES 11:15am-12:00pm 1	GROUP GROOVE 9:30am-10:15am 1	BALLET INTERMEDIATE 11:45am-12:45pm 2	CARDIO & CONDITIONING 10:35am-11:20pm 2	HATHA 10:45am-11:45 am		
ZUMBA 12:00pm-12:45pm 2	PILATES 10:25am-11:10am 1		TAP INTERMEDIATE 11:30am-12:30pm 2			
FUNCTIONAL STRENGTH 12:30pm-1:15pm 1	THEATRE JAZZ 10:30am-11:30am 2		PULSES 11:30am-12:15pm 1			
	CARDIO & CONDITIONING 11:25am-12:10pm 1		STRENGTH & BALANCE 12:45Pm-1:30pm NEW		 AVAILABLE IN PERSON AND VIA VIRTUAL STREAMING	
	STRENGTH & BALANCE 11:30am-12:15pm 2					

AFTERNOON

PULSES 5:00pm-5:45pm 1	HATHA 4:15pm-5:15pm 1	PULSES 5:00pm-5:45pm 1	AQUA 5:00pm-5:45pm	 AVAILABLE 24/7 IN STUDIO 2 OUTSIDE OF CLASS TIMES  N ZONE <small>BY NORTH FITNESS</small>
AQUA 5:30pm-6:15pm	HIIT ENDURANCE 6:20pm-7:05pm 1	FUNCTIONAL STRENGTH 6:25pm-7:10pm	CYCLE 6:00pm-6:45pm 2	
BODY PUMP™ LES MILLS 6:15pm-7:00pm 1	HYBRID 6:25pm-6:55pm	BODY PUMP™ LES MILLS 6:00pm-6:45pm 1	CARDIO SWEAT 6:00pm-6:30pm	
FUNCTIONAL STRENGTH 6:25pm-7:10pm	CORE 6:55pm-7:10pm	PILATES 6:30pm-7:15pm 1	CORE 6:30pm-6:45pm	
CYCLE 6:30pm-7:15pm 2	CYCLE 6:30pm-7:15pm 2			
FLEX & STRETCH 7:15pm-8:00pm 1	YOGA FLOW 7:15pm-8:15pm 1			

● CARDIO & STRENGTH ● MIND & BODY ● DANCE ● WATER AEROBICS ● SENIORS ● CYCLE ● FUNCTIONAL TRAINING ● OUTDOOR CLASSES

1 = STUDIO 1 2 = STUDIO 2  = N-ZONE

*CLASS TIMETABLE IS SUBJECT TO CHANGE