

WELLNESS GROUP CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am Functional Fitness with Colleen	6:15am Yoga Flow with Charlotte	6:15am Barre with Colleen	6:15am Mat Pilates with Colleen	6:15am Mindful Movement with Colleen	7:30am - NEW Time Advanced Swim with Karma	9:15am Burn with Viviana
8:15am Power with Phoenix	7:15am Power with Colleen	6:30am Beginner/Intermediate Swim with Karma	7:15am Functional Fitness with Colleen	7:15am Stretch + Limber Yoga with Alison	8:30am - NEW Time Water Aerobics with Karma	11:15am Power with Ronnie
9:15am Yoga Flow with Bex (Outdoors)	8:15am Mat Pilates with Colleen	7:15am Yoga Flow with Bex	8:15am Water Aerobics with Colleen	8:15am Burn with Phoenix	10:15am Mat Pilates with Colleen	12:15pm Stretch + Limber Yoga with Alison
11:15am Barre with Colleen	9:15am Mindful Movement with Colleen	8:15am Qi Gong with Erik (Outdoors)	8:15am Meditate/Restore Yoga with Bex	11:15am Functional Fitness with Phoenix	11:15am Core Yoga with Charlotte	
12:15pm Yoga Flow with Bex (Studio)	11:15am Yoga Flow with Bex	9:15am Power with Phoenix	11:15am Yoga Flow with Bex	12:15pm Restore with Charlotte (Studio)	12:15pm Power with Viviana	
12:15pm TeamBeats with Colleen (Gym)	12:15pm Burn with Phoenix	11:15am Burn with Phoenix	11:15am Beginners/Intermediate Swim with Karma	12:15pm TeamBeats with Phoenix (Gym)		
1:15pm Meditate/Restore Yoga with Bex	1:15pm Meditate/Restore Yoga with Bex	12:15pm Spanda Yoga with Bex (Studio)	12:15pm Mindful Movement with Colleen	4:15pm - NEW Class Kundalini Yoga with Charlotte		
4:15pm Hip Hop with Robyn	4:15pm Spanda Yoga with Bex (Studio)	12:15pm TeamBeats with Phoenix (Gym)	1:15pm Mat Pilates with Colleen	5:15pm - NEW Class Beginners Salsa Dancing with Viviana		
5:30pm Qi Gong with Erik (Outdoors)	5:15pm Beginner MTB Skills & Ride with James	1:15pm Beginners Yoga with Bex	5:15pm Intermediate MTB Skills & Ride with James			
7:15pm Burn with Ronnie		4:15pm Functional Fitness with Ronnie	6:15pm Advanced MTB Skills & Ride with James			
		6:15pm Core Yoga with Charlotte	6:15pm Power with Phoenix			