

# 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 Burn with Colleen	6:15am TRX Movement with Colleen	7:30am 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 Mat Pilates with Colleen	7:15am Stretch + Limber Yoga with Alison	8:30am Water Aerobics with Karma	11:15am TRX Movement with Ronnie
9:15am Yoga Flow with Bex (Outdoors)	8:15am Mat Pilates with Colleen	9:15am Stretch + Limber Yoga with Alison	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 TRX Movement with Colleen	11:15am Burn with Phoenix	8:15am Meditate/Restore Yoga with Bex	9:15am Advanced Core Yoga with Charlotte	11:15am Core Yoga with Charlotte	
12:15pm TeamBeats with Colleen (Gym)	11:15am Yoga Flow with Bex (Outdoors)	12:15pm TeamBeats with Colleen (Gym)	11:15am TRX Movement with Colleen	11:15am Functional Fitness with Phoenix	12:15pm Power with Viviana	
12:15pm Yoga Flow with Bex (Outdoors)	12:15pm Burn with Colleen	12:15pm Yoga Flow with Bex (Outdoors)	11:15am Beginners/Intermediate Swim with Karma	12:15pm TeamBeats with Phoenix (Gym)		
7:15pm Burn with Ronnie	7:15pm TRX Movement with Ronnie	6:15pm Core Yoga with Charlotte	12:15pm Yoga Flow with Bex (Outdoors)	12:15pm Restore Yoga with Charlotte		
			6:15pm Power with Phoenix	4:15pm Kundalini Yoga with Charlotte		
			7:15pm Burn with Ronnie			