	SUNDAY		NDAY		TUESDAY		DNESDAY	DAY		FR	IDAY	WEEKLY SCHEDULE	
6am			мо										SATURDAY
		Cycling & Abs 6:10am - 7am		Kettlebell		Cycling & Abs 6:10am - 7am		H.I.T. THURS		Courtie Courtet		 	
		6:10am - 7am		6:10am - 7am		6:10am - 7am		6:10am - 7am		Cardio Sculpt 6:15am - 7:10a	ım		
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7am —				J (-[
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						#							
						#							
8am —												30/30	
						#		<u></u>				30/30 8am - 9am	-
				#		#						-	-
				#		#		<u></u>				-	-
9am ——				Silver Sneakers	1					Silver Sneakers			
		Deep Water Wo	orkout w/ Vicki	Circuit 9am - 9:45am	Deep Water Workout w/ Jeff 9:10am - 10am	Deep Water Wo 9:10am - 10an	orkout w/ Vicki	Deep Water Silver	Sneakers	Circuit 9am - 9:45am	Deep Water Workout w/	Yoga w/ Helen	
		9:10am - 10am	п	3.43411	9:10am - 10am	9:10am - 10an	n	Deep Water Workout w/ Jeff 9:10am - 10am	Sneakers : m - 10am	3.434111	Vicki	Yoga w/ Helen 9:15am - 10am	-
						H			10411		9:10am - 10am		-
10am —		Silver Sneakers	Classic	Silver Sneakers	Yoga	Silver Sneakers	Classic						
		10am - 10:45a	ım	10am - 11am		10am - 10:45a	ım	Chair Yoga		Silver Sneakers	w/ Mary Ellen		
						H		Chair Yoga 10:15am - 11am		10:15am - 11aı	m ,		
11am —						,			,				
		Chair Yoga	Water Aerobics	 		Water Aerobics				Water Aerobics			
		11:15am - 12pm	11:15am - 12pm	H		11:15am - 12pm	11:20am - 12:			11:15am - 12pı	m		
				H		1	05pm						
12pm —				,									
		Cycling 12:15pm - 1:1		#		Cycling 12:15pm - 1:1		H					
		12:15pm - 1:1	5pm	H		12:15pm - 1:1	5pm						
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2pm ——													
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3pm —		Low Intensity C	Cardio with Weight	}		Low Intensity (Cardio with Weight						
		Spill - 4pm				J Spill - 4pm							
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4pm													
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5nm		H.I.T. & Yoga 4:45pm - 6:15		Kettlebell 4:45pm - 5:30p		Tabata							
5pm ——		4:45pm - 6:15	pm	4:45pm - 5:30p	om	4:45pm - 5:30	pm						
												T	
				A.B.S. (Abs, Bac	k, Stretch)							I	
6nm				5:30pm - 6:15p	וווו	Yogilates							
6pm ——				JL		5:45pm - 6:15	piii						
		115		11-		11-							