



It's a Great Day to Get Fit

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
5.15 am		F.A.S.T Fitness <i>Carl</i>	Super Cycle <i>Jess</i>	F.A.S.T Fitness <i>Carl</i>	Super Cycle <i>Jess</i>		
8.00 am							Super Cycle
8.15 am	CPT <i>Tony V.</i>	Group Cycling <i>Maria A.</i>	F.A.S.T Fitness <i>Maria A.</i>	Muscle Pump <i>Maria A.</i>	Group Cycling <i>Maria A.</i>	Muscle Pump <i>Jess</i>	
9.30 am		Muscle Pump <i>Jess</i>	Yoga <i>Kayla</i>	Pilates <i>Maria A.</i>	Yoga <i>Maria V.</i>	Hard "CORE" <i>Jess</i>	Yoga
11.00 am		Senior Strength <i>Jess</i>		Silver Sneakers® <i>Maria A</i>		Silver Sneakers® <i>Maria A.</i>	
5.45 pm		F.A.S.T Fitness <i>Maria A.</i>	Group Cycling <i>Lisa</i>	Muscle Pump <i>Jess</i>	Group Cycling <i>Lisa</i>		
6.45 pm			Hard "CORE" <i>Jess</i>		Pilates <i>Maria A.</i>		
7.00 pm		Power Yoga <i>Maria V.</i>		Power Yoga <i>Maria V.</i>			