



CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM						GENTLE YOGA KAYLANI
9:00 AM	PURSUIT60	PURSUIT60	PURSUIT60	PURSUIT60	PURSUIT60	PURSUIT60
9:00 AM	SLOW FLOW YOGA NICOLE	GENTLE YOGA NICOLE	VINYASA FLOW YOGA SHAUNTAE	HATHA FUSION YOGA SHERIDAN	ZUMBA/CARDIO HITT** CHRISTINA	TURN UP DANCE FITNESS NICOLE
10:00 AM	COMMIT DANCE FITNESS NICOLE	COMMIT DANCE FITNESS NICOLE			PUMP IT ** NICOLE	
10:00 AM	SENIOR FIT		SENIOR FIT			** DENOTES NEW CLASSES STARTING THE WEEK OF JANUARY 9TH, 2023
11:00 AM	SENIOR STRETCH		SENIOR STRETCH			
5:00 PM	PURSUIT60	PURSUIT60	PURSUIT60	PURSUIT60		
5:00 PM	KREATIV DANCE FIT ** KAT / JESIBEL	POWER/YIN YOGA SHERIDAN	KREATIV DANCE FIT EILEEN	POWER/YIN YOGA SHERIDAN		
6:00 PM	PURSUIT60 MOBILITY	PURSUIT60		PURSUIT60		
6:00 PM	ZUMBA LESLIE	ZUMBA LESLIE	ZUMBA LESLIE	ZUMBA LESLIE		
7:00 PM	CORE POWER YOGA KAYLANI	CYCLE KARI	VINYASA YOGA KAYLANI	CYCLE KARI		

*PURSUIT60 - MUST BE ENROLLED IN THE PURSUIT PREMIUM OR P.A.R. MEMBERSHIPS