



HAPPY

THANKSGIVING

NOVEMBER 23RD WEDNESDAY

NOVEMBER 24TH THURSDAY

NOVEMBER 25TH FRIDAY

Club Hours 5am-10pm
Kids Club Hours 8:15am -12:15pm

Club Hours 7am-2pm
Kids Club Hours CLOSED

Club Hours 5am-9pm
Kids Club Hours 8:15am -12:15pm

6:00am	Cycle	Joanie
8:30am	Body Sculpt	Vielka
9:30am	Zumba	Vielka
9:45am	Vinyasa Yoga	Joanie
10:00am	HydroBlast	Allison
11:00am	Body Conditioning	Vielka

7:30am	Cycle**	Mac Attack
9:00am	Hatha Yoga	Joanne A.
9:00am	Cycle**	Mac Attack
9:30am	BodyCombat	Courtney
10:00am	HydroBlast	Carly
11:30am	Zumba MasterClass	Vielka & Darren

8:30am	Cycle	Karleen
9:30am	TABATA	Vielka
9:45am	HATHA	Joanne A.
10:00am	H2O Fitness*	Sinceree'
11:00am	HydroBlast	Emily H.
11:00am	Zumba Gold	Vielka
11:30am	Body Conditioning	Vielka

*Fee based Class
**One cycle class per person per day