

GROUP EXERCISE SCHEDULE

SEPTEMBER 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**YOGA / WEIGHTS /
PILATES
9:00am-10:00am**

**SPINNING
8:30am-9:30am**

**YOGA / BARRE /
BALL / PiYO
9:00am-10:00am**

**RIPPED
6:15am-7:00am**

**YOGA / WEIGHTS /
PILATES
9:00am-10:00am**

**LIFT
8:00am-8:50am**

**SILVER SNEAKERS
10:30am-11:30am**

**PILOXING
9:15am-10:00am**

**SILVER SNEAKERS
10:30am-11:30am**

**SILVER SNEAKERS
YOGA STRETCH
10:30am-11:30am**

**SILVER SNEAKERS
10:30am-11:30am**

**FUSION!
4:25pm-5:25pm**

**DANCERCIZE
10:30am-11:15am**

**FUSION!
4:25pm-5:25pm**

**TURBOKICK
4:25pm-5:25pm**

**RIPPED
5:35pm-6:35pm**

**PiYO + PILOXING
4:25pm-5:25pm**

**LIFT
5:35pm-6:35pm**

**VARIETY!
5:35pm-6:35pm**

Centre