

GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>6³⁰~Bungee Fitness</p> <p>7a~Core Strong</p> <p>8³⁰~Kick Boxing</p> <p>9³⁰~Cardio Dance</p> <p>10³⁰~Silver Elements</p> <p>12n~Yoga</p> <p>5¹⁵~Monday Mix</p> <p>6¹⁵~Muscle Monday</p>	<p>6a~Spinning</p> <p>7a~Shore Fit</p> <p>8³⁰~Get Fit</p> <p>9³⁰~Core Strong</p> <p>10³⁰~ Tai Chi</p> <p>12n~Lunch Box</p> <p>5³⁰~TRX</p> <p>6³⁰~Barre</p>	<p>5³⁰~Sunrise Warrior</p> <p>6³⁰~Get Fit</p> <p>8a~Spinning</p> <p>10³⁰~Silver Elements</p> <p>5p~Cardio Jam</p> <p>6p~Step It Up Dance</p>	<p>5¹⁵~ Spinning</p> <p>6³⁰~Straight Stepping</p> <p>8³⁰~TRX</p> <p>9³⁰~Cardio Dance</p> <p>10³⁰~Tai Chi</p> <p>12n~ Lunch Box</p> <p>5³⁰~ Bungee Fitness & Shore Fit</p>	<p>6³⁰~Get Fit</p> <p>7³⁰~ Yoga</p> <p>9a~Kick Boxing</p> <p>10a~Stretch</p> <p>5¹⁵~Zumba</p>	<p>7a~Spinning</p> <p>7³⁰~ Tred Mill</p> <p>8a~ Bungee Fitness</p> <p>9a~Weekend Warrior</p> <p>10a~Spinning</p>	<p>10a~ Gentle Yoga</p>