

SUMMER 2024 FITNESS CLASS SCHEDULE

SCHEDULE RUNS JUNE 24 - SEPT. 6, 2024

STUDIO 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Breakaway 9:15-10 AM Gina T.		Breakaway 9:15-10 AM Gina T.	Breakaway 10:15-11 AM Rotation	
Breakaway 12:15-1 PM Cindy B.	Breakaway 11:15-12 PM Larry N.		Breakaway 11:15-12 PM Cindy B.	Breakaway 12:15-1 PM JP B.		
Breakaway 5:15-6 PM Maija S.	Breakaway 4:30-5:15 PM Christiane S.	Breakaway 5:15-6 PM Christiane S.	Breakaway 4:30-5:15 PM Maija S.			

STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Power Flow 10:30-11:30 AM Kate B.			Yoga Flow 11:15-12:15 PM Rotation	
Hatha Yoga 12:10-1:10 PM Richard M.	Fusion Pilates 12:15-1 PM Doriana P.	Vinyasa Flow 12:10-1:10 PM Mark M.	Hatha Yoga 12:10-1:10 PM Richard M.	Hatha Yoga 12:10-1:10 PM Richard M.		
Vinyasa Flow 4:10-5:10 PM Liz C.	Power Flow 4:10-5:10 PM Liz C.	Barre Connect 4:10-4:55 PM Christiane S.	Fusion Pilates 4:10-4:55 PM Doriana P.			
Vinyasa Flow 6:10-7:10 PM Audrey T.	Vinyasa Flow 5:30-6:30 PM Luna H.	Vinyasa Flow 6:10-7:10 PM Audrey T.				

STUDIO 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Pump 12:15-1:15 PM Doriana P.	HIIT 12:15-1 PM Cindy B.	Body Pump 12:15-1:15 PM Doriana P.		Body Pump 12:15-1:15 PM Christiane S.	Body Pump 9-10 AM Rotation	
Body Pump 4:10-5:10 PM Christiane S.	Body Pump 4:10-5:10 PM Doriana P.		Body Pump 4:10-5:10 PM Cindy B.			

RECREATION CENTER POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Fit 11-11:45 AM Cindy B.			Aqua Fit 12:30-1:15 PM Cindy B.			