



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15 AM Athletic Circuit Paloma	7:15 AM Cycle David	7:15 AM Athletic Circuit Felicia	8:30 AM ★ Strength & Balance Paloma	7:15 AM Hiit Cycle Felicia	8:30 AM Performance Cycle Fern	8:15 AM ★ Aquafit TBA
8:30 AM ★ Therapeutic Yoga Angel	8:30 AM ★ Muscle Mix Alin	9:05 AM ★ Aquafit Simin	9:05 AM ★ Aquafit Marina	8:30 AM Muscle Mix Audrey	8:30 AM Pilates Val	8:30 AM Bootcamp Antonio
9:05 AM ★ Aquafit Debra	9:05 AM Aquafit Irina	9:30 AM Cycle Melissa	9:30 AM Performance Cycle Gayle	9:05 AM ★ Aquafit Andrea	9:30 AM Cycle Fern	9:30 AM Cycle Michelle B.
9:30 AM Cycle Fern	9:30 AM Cycle Audrey	9:30 AM Muscle Mix Lisa	9:30 AM ★ Nia Dance Natalie	9:30 AM Bootcamp Gayle	9:30 AM Pilates Val	9:30 AM ★ Flow Yoga Mabel
9:30 AM ★ Therapeutic Yoga David	9:30 AM ★ Muscle Sculpt Alin	9:30 AM ★ Therapeutic Yoga David	9:30 AM Pilates Val	9:30 AM Cycle Michelle B.	10:30 AM Flow Yoga Fern	9:30 AM ★ Barre Dani
9:30 AM Muscle Sculpt Karen	9:30 AM Pilates Foam Roll Nadine	10:05 AM ★ Aquafit Simin	10:05 AM ★ Aquafit Marina	10:05 AM ★ Aquafit Debra	10:30 AM Bootcamp Lana	10:30 AM Flow Yoga Lisa
10:05 AM ★ Aquafit Angel	10:30 AM Abs & Glutes Alin	10:30 AM ★ Therapeutic Yoga David	10:30 AM Muscle Sculpt Gayle	10:30 AM Iyengar Yoga Sam	11:30 AM Hatha Yoga Angela	10:30 AM ★ Barre Sculpt Dani
10:30 AM Flow Yoga Fern	10:30 AM Yogalates Sandi	10:30 AM ★ Pilates Nadine	10:30 AM Iyengar Yoga Sam	10:30 AM Muscle Mix Lisa	11:30 AM Zumba Gail	11:30 AM Zumba Gayle
10:30 AM Step & Sculpt Audrey	10:30 AM ★ Chair Yoga Orli	11:30 AM ★ Gente Yoga Michelle A.	11:30 AM Zumba Alla	10:30 AM ★ Chair Zumba Sid	12:30 PM ★ Barre Dani	★ INDICATES LOW INTENSITY CLASS
11:30 AM ★ Gentle Yoga Michelle A	11:30 AM ★ Gentle Yoga Mabel	11:30 AM Zumba Karmiel	12:30 PM ★ Gentle Yoga Orli	11:30 AM Zumba Gail	EVENING CLASSES CONTINUE ON THE BACK	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30 AM Zumba Dina	11:30 AM ★ Barre Dani	11:30 AM ★ Chair Fitness Irina	12:30 PM ★ 30min Express Sculpt Cathy	11:30 PM Flow Yoga Lisa
12:30 PM Pilates Val	12:30 PM ★ Therapeutic Yoga David	12:30 PM Pilates Sandi	1:30 PM ★ Restorative Yoga Orli	12:30 PM Pilates Andrea
5:30 PM Muscle Sculpt Beth	12:30 PM ★ 30min Express Sculpt Cathy	1:00 PM Iyengar Yoga Niren	4:30 PM Muscle Mix Alin	12:30 PM ★ Therapeutic Yoga David
6:30 PM Cycle Sammy	1:30 PM ★ Therapeutic Yoga David	5:30 PM J-Groove Julie	5:30 PM Pilates Lisa	1:30 PM ★ Therapeutic Yoga David
6:30 PM ★ Barre Dani	1:30 PM Zumba Gold Bette	6:30 PM Cycle Felicia	5:30 PM Abs & Glutes Alin	4:30 PM Muscle Sculpt Alin
7:30 PM Vinyasa Yoga Mary	5:30 PM Zumba Alla	6:30 PM Muscle Sculpt Beth	6:30 PM Vinyasa Yoga Lisa	5:30 PM Cardio Core Alin
7:30 PM Zumba Michelle A.	6:30 PM Cycle Angel	6:30 PM ★ Iyengar Yoga Nehal	6:30 PM ★ Barre Dani	
	6:30 PM Muscle Sculpt Lesley	7:30 PM Zumba Shireen	6:30 PM Cycle Andrey	
	7:30 PM Vinyasa Yoga Neeta	7:30 PM Vinyasa Yoga Mary	7:30 PM Lift Andrey	
	7:30 PM Lift Angel			

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### ROOM LOCATION

Main Studio
Yoga Studio
Pool
Cycle
Room 1-130