

	<b>Gymnasium</b>	<b>Exercise Room</b>	<b>Fitness Room</b>	<b>Activities Room</b>	<b>Pool</b>	
<b>7:00A-8:00A</b>		7:10 AM-8:00 AM <b>Super Circuit (all levels) (D)</b>			7:00 AM-9:00 AM <b>Lane Swimming (D)</b>	
<b>8:00A-9:00A</b>	8:00 AM-8:40 AM <b>Functional Fitness (Beginner) (R)</b>	8:10 AM-9:00 AM <b>Mindful Moments (all levels) (D)</b>	8:10 AM-9:00 AM <b>Cycle Freedom (all levels) (D)</b>	8:10 AM-9:25 AM <b>Yoga (R)</b>		
<b>9:00A-10:00A</b>			9:30 AM-10:30 AM <b>Reformer Session (R)</b>			
<b>10:00A-11:00A</b>			10:30 AM-11:30 AM <b>Reformer Session (R)</b>		10:10 AM-11:00 AM <b>Aqua-Fit (all levels) (D)</b>	
<b>11:00A-12:00P</b>					11:00 AM-2:00 PM <b>Lane Swimming (D)</b>	
<b>12:00P-1:00P</b>	12:10 PM-1:00 PM <b>Movin' Muscle (II) (D)</b>	12:10 PM-12:50 PM <b>Functional Fitness (R)</b>	12:10 PM-12:55 PM <b>Cycle Fit (R)</b>			
<b>1:00P-2:00P</b>	1:10 PM-3:00 PM <b>Pick-Up Basketball (D)</b>	1:10 PM-2:00 PM <b>Nia (all levels) (D)</b>			2:00 PM-3:00 PM <b>Masters' Swim (P)</b>	
<b>2:00P-3:00P</b>			2:00 PM-3:00 PM <b>Reformer Session (R)</b>			
<b>3:00P-4:00P</b>			3:00 PM-4:00 PM <b>Reformer Session (R)</b>			
<b>4:00P-5:00P</b>	4:30 PM-5:25 PM <b>Core Fusion Balance (all levels) (D)</b>			4:30 PM-5:20 PM <b>Pilates I (R)</b>	4:00 PM-10:30 PM <b>Lane Swim (D)</b>	
<b>5:00P-6:00P</b>	5:30 PM-6:00 PM <b>Tabata Mash-Up (all levels) (D)</b>	5:10 PM-6:00 PM <b>Contemporary II (R)</b>		5:30 PM-6:20 PM <b>Pilates II (R)</b>		
<b>6:00P-7:00P</b>	6:10 PM-6:55 PM <b>Zumba (I/II/III) (D)</b>	6:10 PM-7:00 PM <b>Contemporary I (R)</b>	6:10 PM-6:55 PM <b>Cycle Fit (R)</b>	6:30 PM-8:00 PM <b>Judo- Beginner (R)</b>		
<b>7:00P-8:00P</b>	7:00 PM-7:55 PM <b>Mech vs. Indy Dodgeball (P)</b>	7:10 PM-8:00 PM <b>Interval Change (II-III) (D)</b>	7:00 PM-8:00 PM <b>Reformer Session (R)</b>			7:30 PM-8:20 PM <b>Stroke Improve. (R)</b>
<b>8:00P-9:00P</b>	8:00 PM-8:55 PM <b>Zahra's Volleyball (P)</b>	8:10 PM-9:00 PM <b>Flexibility Fusion (I/II/III) (D)</b>		8:00 PM-10:00 PM <b>Judo- Intermediate (R)</b>		8:30 PM-9:20 PM <b>Learn to Swim II (R)</b>
<b>9:00P-10:00P</b>	9:00 PM-9:55 PM <b>Civil Basketball (P)</b>					
<b>10:00P-11:00P</b>	10:00 PM-10:55 PM <b>Indy Basketball (P)</b>					

<b>Range</b>				
<b>Squash Courts</b>				

<b>Legend</b>	
(R)	Registered Classes
(P)	Private Booking
(D)	Drop-in Classes