

	Gymnasium	Exercise Room	Fitness Room	Activities Room	Pool
7:00A-8:00A		7:10 AM-8:00 AM Body Shock (all levels) (D)	7:10 AM-8:00 AM Cycle Freedom (all levels) (D)		7:00 AM-9:00 AM Lane Swimming (D)
8:00A-9:00A	8:10 AM-9:00 AM Functional Fitness (R)	8:10 AM-9:00 AM Morning Yoga Flow (D)			
9:00A-10:00A	9:10 AM-10:00 AM LeBarre (all levels) (D)				
10:00A-11:00A					11:00 AM-2:00 PM Lane Swimming (D)
11:00A-12:00P			11:00 AM-12:00 PM Reformer Session (R)		
12:00P-1:00P	12:10 PM-1:00 PM Pilates (II/III) (D)	12:10 PM-1:00 PM T'ai Chi Ch'uan Novice I (R)	12:10 PM-12:55 PM Cycle Fit (R)	12:10 PM-1:00 PM Yoga Vinyasa Flow (R)	
1:00P-2:00P	1:10 PM-3:00 PM Pick-Up Basketball (D)	1:10 PM-2:00 PM Flexibility Fusion (I/II/III) (D)			2:10 PM-3:00 PM Aqua Fit (D)
2:00P-3:00P		2:10 PM-3:00 PM Ballet Barre Bootcamp (R)			
3:00P-4:00P					3:00 PM-4:00 PM Masters' Swim (R)
4:00P-5:00P	4:00 PM-4:55 PM Pacemaker's Dragonboat (P)	4:10 PM-5:00 PM Mindful Moments (D)	4:00 PM-5:00 PM Reformer Session (P)	3:30 PM-4:20 PM Pound (all levels) (D)	4:00 PM-10:30 PM Lane Swim (D)
5:00P-6:00P	5:30 PM-6:45 PM Boot Camp (IV) (D)	5:10 PM-6:00 PM Movin' Muscle (II) (D)		4:30 PM-5:45 PM Yoga Vinyasa (R)	
6:00P-7:00P		6:10 PM-7:00 PM T'ai Chi Ch'uan Novice I/II (R)	6:10 PM-6:55 PM Cycle Fit (R)	6:10 PM-7:00 PM Pink Campus Club (P)	
7:00P-8:00P	7:00 PM-7:55 PM LMP Grad Soccer (P)	7:10 PM-8:00 PM Hip Hop I (R)			7:30 PM-8:20 PM Learn to Swim 2 (R)
8:00P-9:00P	8:10 PM-9:00 PM Zumba®(all levels) (D)				8:30 PM-9:20 PM Learn to Swim 2 (R)
9:00P-10:00P	9:10 PM-10:00 PM Cricket (D)			9:10 PM-10:00 PM Tae Kwon Do-Int./Adv. (R)	
10:00P-11:00P	10:10 PM-11:00 PM Naginata (R)			10:10 PM-11:00 PM Tae Kwon Do-Comp. Training (R)	
Range			12:10 PM-12:50 PM Functional Fitness (R)		
Squash Courts	6:20 PM-7:00 PM Squash Level 1 (R)	7:00 PM-7:40 PM Squash Level 1 (R)	7:40 PM-8:20 PM Squash Level 1 (R)		

Legend

- (R) Registered Classes
- (P) Private Booking
- (D) Drop-in Classes