

| | Gymnasium | Exercise Room | Fitness Room | Activities Room | Pool |
|---------------|--|--|--|--|---|
| 7:00A-8:00A | | 7:10 AM-8:00 AM Morning Yoga Flow (D) | 7:30 AM-8:20 AM Cycle Freedom (all levels) (D) | | 7:00 AM-9:00 AM Lane Swimming (D) |
| 8:00A-9:00A | 8:00 AM-8:40 AM Functional Fitness (R) | | | 8:10 AM-9:25 AM Yoga (R) CANCELLED | |
| 9:00A-10:00A | | | | | |
| 10:00A-11:00A | | 10:10 AM – 11:00 AM Zoomer Fit (all levels) (D) | | | 10:10 AM-11:00 AM Aqua-Fit (all levels) (D) |
| 11:00A-12:00P | | | 11:00 AM-12:00 PM Reformer Session (R) | | |
| 12:00P-1:00P | 12:10 PM-1:00 PM Tabata Mash-Up (all levels) (D) | 12:10 PM-12:50 PM Functional Fitness (R) | 12:10 PM-12:55 PM Cycle Fit (FLEX PASS ONLY) | 12:10 PM-1:00 PM Flexibility Fusion (D) | 11:00 AM-2:00 PM Lane Swimming (D) |
| 1:00P-2:00P | 1:10 PM-3:00 PM Pick-Up Basketball (P) | 1:10 PM-2:00 PM Zumba (all levels) (D) | | 1:10 PM-2:00 PM Pilates 1 (R) | |
| 2:00P-3:00P | | 2:10 PM -3:00 PM CoreBT + Barre (all levels) (D) | | | |
| 3:00P-4:00P | | | 3:30 PM-4:30 PM Reformer Session (R) | | |
| 4:00P-5:00P | | | | | |
| 5:00P-6:00P | 4:40 PM-5:30 PM Boot Camp (III) (D) | | | 4:30 PM-5:45 PM Yoga (R) | 4:00 PM-6:30 PM Lane Swim (D) |
| 6:00P-7:00P | 5:35 PM-6:45 PM Street Dance (II) (D) | | 6:10 PM-6:55 PM Cycle Fit (FLEX PASS ONLY) | 6:10 PM-7:00 PM Pilates 1 (R) | 6:30 PM-7:20 PM Stroke Improvement (R) |
| 7:00P-8:00P | 7:00 PM-7:55 PM LMP Basketball (P) | 7:10 PM-8:00 PM Zumba ® (all levels) (D) | 7:00 PM-8:00 PM Reformer Session (R) | 7:10PM-9:00 PM Judo Advanced (P) | 7:30 PM-8:20 PM Learn to Swim 2 (R) |
| 8:00P-9:00P | 8:00 PM-8:55 PM Bricklayer's Basketball (P) | 8:10 PM-9:00 PM Latin Nightclub (R) | | | 8:30 PM-9:20 PM Learn to Swim 1 (R) |
| 9:00P-10:00P | 9:00 PM-9:55 PM Marco's Soccer (P) | 9:10 PM-10:00 PM Ballroom I (R) | | | |
| 10:00P-11:00P | | | | | 9:20 PM-11 PM Lane Swim (D) |

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| Range | | | | |
| Squash Courts | | | | |

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