

	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 Swim	
8:00A-9:00A		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			10:45 AM-11:45 AM Reformer Session (R)		11:00 AM-2:00 PM Lane Swim	
11:00A-12:00P						
12:00P-1:00P	12:10 PM-1:00 PM Pilates Mats and Props (II/III) (D)	12:10 PM-1:00 PM T'ai Chi Ch'uan I (R)	12:10 PM-12:55 PM Cycle Fit (Flex Pass ONLY)	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)	1:00 PM-2:00 PM Reformer Session (R)		2:10 PM-3:00 PM Aqua Fit (D)	
2:00P-3:00P				2:00 PM-2:55 PM Colin's Kung Fu (P)		
3:00P-4:00P						
4:00P-5:00P				3:30 PM-4:20 PM Pound (all levels) (D)	4:00 PM-10:30 PM Lane Swim	
5:00P-6:00P		5:10 PM-6:00 PM Movin' Muscle (II) (D)				
6:00P-7:00P	5:30 PM-6:45 PM Boot Camp (IV) (D)		6:10 PM-6:55 PM Cycle Fit (Flex Pass ONLY)	6:10 PM-7:25 PM Yoga (R)		
7:00P-8:00P		7:10 PM-8:00 PM Hip Hop I (R)			7:20PM – 8:20PM Learn to Swim 1 (R)	
8:00P-9:00P	8:10 PM-9:00 PM Zumba (all levels) (D)	8:00 PM-8:55 PM Su's Dance (P)			4:00 PM-10:30 PM Lane Swim	
9:00P-10:00P	9:10 PM-10:00 PM Cricket (D)	9:00 PM-9:55 PM Yutong's Dance (P)		9:10 PM-10:00 PM Tae Kwon Do Inter/Adv (R)		
10:00P-11:00P	SUMMER HOURS- FACILITY CLOSED					

Range	5:10 PM-6:00 PM Archery Level 1 Session 2 (R)	6:10 PM-7:00 PM Archery Level 1 Session 2 (R)	7:10 PM-8:00 PM Archery Level 1 Session 2 (R)	Legend (R) Registered Classes (P) Private Booking (D) Drop-in Classes
Squash Courts				