

GROUP X 1 SCHEDULE

Winter 2023

Club Hours
 Monday-Friday 5:30am-9:00pm
 Saturday 8:00am-8:00pm
 Sunday 12noon-8:00pm

Nursery Hours
 Monday-Friday 9:00am-1:00pm
 Monday-Friday 4:00pm-8:00pm
 Saturday 8:00am-1:00pm



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------|--------------------------------|--------------------------------|-------------------------------|--------------------------------|-------------------------|------------------------|
| Cardio Kickboxing 9:00 a.m. | Fit Forever 9:00 a.m. | Body Rock 9:00 a.m. | Fit Forever 9:00 a.m. | Strength Training 9:00 a.m. | Kickboxing 9:00 a.m. | |
| Pilates Core Plus 10:00 AM | Muscle Factory 10:00 a.m. | Yoga 10:00 a.m. | Cardio Strength 10:00 a.m. | Yoga Stretch 10:00 a.m. | | |
| Zumba 11:00 a.m. | Zumba 11:00 a.m. | Zumba 11:00 a.m. | Zumba 11:00 a.m. | Zumba 11:00a.m. | | |
| | | | | | | Boot Camp 1:00 p.m. |
| | | | | | | Zumba 2:00 p.m. |
| Strength Training 6:00p.m. | Strength Training 6:00 p.m. | Strength Training 6:00 p.m. | | | | |
| Turn Up 7:00 p.m. | Zumba 7:00 p.m. | Turn up 7:00 p.m. | | | | |

Effective December 21,2022

-Any class that does not have at least 5 members will not be taught for that hour. If low numbers continue then the class(es) will be modified or removed from the schedule-