

# 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**

Fitness Fusion  
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

Cardio Strength  
10:00 a.m.

Yoga  
10:00 a.m.

Pilates 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.

Strength Training  
6:00 p.m.

Strength Training  
6:00 p.m.

Turn Up  
6:00 p.m.

Turn Up  
7:00 p.m.

Turn up  
7:00 p.m.

Effective Dec 18, 2023

\*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\*