

MULTI PURPOSE ROOM

TIME	SUN	MON	TUES	WED	THUR	FRI	SAT
5:00-6:00 a.m.		Yoga 5:45-6:45	Cardio and Strength 5:45-6:45		Step 5:45-6:45		
6:30-7:00 a.m.							
7:30 a.m.							
8:00 a.m.							
8:30 a.m.							
9:00 a.m.							
9:30 a.m.	Yoga 10:15-11:15	Cardio and Strength 9:15-10:15	AOA Land Aerobics 9-10	Cardio and Strength 9:15-10:15	AOA Land Aerobics 9-10	Pilates 9:30-10	Children's Ballet 9:45-10:30
10:00 a.m.							
10:30 a.m.							
11:30 a.m.							
11:30 a.m.							
12:00 p.m.							
12:30 p.m.	101 Yoga 11:30-12:30	Fitness Yoga 10:30-11:45	Silver Sneakers I 10:30-11:30	Yoga 10:30-11:45	Silver Sneakers II 10:30-11:30	Silver Sneakers I 10:30-11:30	Yoga Pilates Combo 10:45-11:30
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1:00 p.m.	Yoga 1-2	Zumba@ *Starts Nov 23 1:15-2	101 BOSU 1-1:30		101 BOSU 1-1:30	Strength Exp. 12-12:30	Children's Ballet 11:45-12:30
1:30 p.m.							
2:00 p.m.							
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3:00 p.m.							
3:30 p.m.							
4:00 p.m.	Tai Chi 2:15-3:15		Karate for Kids ages 6-12 (need to register) 4-4:45	Express 101 Qigong 1:45-2:15	Express 101 Tai Chi 2:15-2:45	Core Stren. 12:30-12:45	101 Yoga 12:45-1:45
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7:00 p.m.		Children's Ballet (need to register) 4-4:45	Karate for Kids ages 6-12 (need to register) 4-4:45	Karate for Kids ages 6-12 (need to register) 4-4:45	Karate for Kids ages 6-12 (need to register) 4-4:45	Karate for Kids ages 6-12 (need to register) 4-4:45	
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7:00 p.m.	Family Ballet 4:55-5:40	Belly Dancing 5:45-6:45	Karate 4:55-5:55	Youth TKD ages 6-12 (need to register) 4:45-5:40	101 Qigong 5:45-6:15	Karate 4:55-5:55	Youth TKD ages 6-12 (need to register) 4:45-5:55
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7:00 p.m.	Adult Tae Kwon Do (need to register) 7-8:30	Pilates 6:05-7	Yoga 7:15-8:15	101 Tai Chi 6:15-6:45	Pilates 6:05-7	Youth Rec Class 6-7	Tae Kwon Do (need to register) 7-8:30
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7:00 p.m.	Yoga 7:15-8:15		Yoga 7:15-8:15		Yoga 7:15-8:15	Tae Kwon Do (need to register) 7-8:30	
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