



COAL CREEK FAMILY REFLECTION ROOM SCHEDULE

NOV 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:00AM to 8:00AM YOGA-VINYASA	7:00AM to 8:00AM PILATES-MAT	7:00AM to 8:00AM YOGA-VINYASA	7:00AM to 8:00AM PILATES-MAT		9:00AM to 10:00AM YOGA—ALL LEVELS
10:45AM to 11:45AM YOGA-VINYASA						11:00AM to 12:00PM PILATES-MAT
	9:30AM to 10:30AM YOGA—ALL LEVELS	9:30AM to 10:30AM YOGA—ALL LEVELS	9:30AM to 10:30AM YOGA—GENTLE		9:30AM to 10:30AM YOGA—ALL LEVELS	2:00PM to 3:00PM AOA DANCE
Updated 10/20/22		10:45AM to 11:45AM AOA CHAIR YOGA	3:45PM to 6:00PM TAE KWON DO		10:45AM to 11:45AM AOA YOGA	
	11/7 & 11/14 - 7:00PM to 8:00PM YOUTH & TWEENS MOVE & DANCE	6:30PM to 7:30PM YOGA-VINYASA	6:30PM to 7:30PM ABOVE THE BARRE	6:30PM to 7:30PM YOGA-VINYASA		



COAL CREEK FAMILY WELLNESS STUDIO SCHEDULE

NOV 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00AM to 10:00AM STRONG NATION™		9:15AM to 10:15 AM KICKBOXING BOOT CAMP		9:00AM to 10:00 AM STRENGTH & CONDITIONING	9:00AM to 10:00AM STEP & STRENGTH	9:00AM to 10:00AM STRENGTH & CONDITIONING
10:15AM to 11:15AM LES MILLS BODY PUMP	10:30AM to 11:30AM STRENGTH & CONDITIONING		10:30AM to 11:30AM STRENGTH & CONDITIONING	10:15AM to 11:15AM STRONG NATION™	10:30AM to 11:15AM STRENGTH & BALANCE	
1:30PM to 2:30PM TAI CHI (1ST SECTION)		1:30PM to 2:30PM TAI CHI (2ND SECTION)				1:30PM to 2:30PM TAI CHI (3RD SECTION)
	5:45PM to 6:45PM CYCLE-ALL LEVELS	6:00PM to 6:55PM R.I.P.P.E.D.	5:45PM to 6:45M CYCLE-ALL LEVELS	6:00PM to 6:55PM LES MILLS BODY PUMP	5:00PM to 6:00PM KICKBOXING BOOT CAMP	
	7:00PM to 7:55PM ZUMBA®	7:00PM to 7:55PM ZUMBA®	7:00PM to 7:55PM STRONG NATION™	7:00PM to 7:55PM ZUMBA®	6:15PM to 7:45PM TABLE TENNIS- ALL AGES	
Updated 10/18/22						