



COAL CREEK FAMILY WELLNESS STUDIO SCHEDULE

MARCH 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|---|--|
| | 6:15AM to 7:15AM LES MILLS BODY PUMP | 6:15AM to 7:00AM CYCLE-ALL LEVELS | 6:15AM to 7:15AM LES MILLS BODY PUMP | 6:15AM to 7:00AM CYCLE-ALL LEVELS | 6:00AM to 8:30AM OPEN STUDIO | 7:45AM to 8:45AM CYCLE-ALL LEVELS |
| 9:00AM to 10:00AM STRONG NATION™ | 7:45AM to 10:00AM OPEN STUDIO | | 7:45AM to 10:00AM OPEN STUDIO | | 9:00AM to 10:00AM STEP & STRENGTH | 9:15AM to 10:15AM STRENGTH & CONDITIONING |
| 10:15AM to 11:15AM LES MILLS BODY PUMP | 10:30AM to 11:30AM STRENGTH & CONDITIONING | 9:15AM to 10:15AM STRENGTH & CONDITIONING | 10:30AM to 11:30AM LES MILLS BODY PUMP | 9:15AM to 10:15AM STRENGTH & CONDITIONING | 10:30AM to 11:15AM STRENGTH & BALANCE | 10:30 AM to 1:00PM OPEN STUDIO |
| | 12:00PM - 3:30PM OPEN STUDIO | | 12:00PM - 3:30PM OPEN STUDIO | 10:30AM to 11:30AM STRONG NATION™ | 12:00PM - 4:30PM OPEN STUDIO | |
| 1:30PM to 2:30PM TAI CHI (1ST SECTION) | | 1:30PM to 2:30PM TAI CHI (3RD SECTION) | | 5:00PM to 5:40PM LES MILLS RPM | | 1:30PM to 2:30PM TAI CHI (REFINEMENT) |
| 3:00PM to 5:00PM OPEN STUDIO | 5:45PM to 6:45PM CYCLE-ALL LEVELS | 6:00PM to 7:00PM R.I.P.P.E.D. | 5:45PM to 6:45M CYCLE-ALL LEVELS | 6:00PM to 7:00PM LES MILLS BODYPUMP | | 3:00 PM to 5:00 PM TABLE TENNIS-FAMILY |
| Updated 2/20/23 | 7:00PM to 8:00PM ZUMBA® | 7:05PM to 8:05PM ZUMBA® | 7:00PM to 8:00PM STRONG NATION™ | 7:05PM to 8:05PM ZUMBA® | 6:15PM to 7:45PM TABLE TENNIS-ALL AGES | |



COAL CREEK FAMILY REFLECTION ROOM SCHEDULE

MARCH 2023

| 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 | | 9:05AM to 10:05AM 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 | 9:30AM to 10:30AM YOGA-VINYASA | 12:30PM to 1:30PM AOA CHAIR STRENGTH |
| Updated 2/14/23 | 10:45AM to 11:45AM PILATES-MAT | 10:45AM to 11:45AM AOA CHAIR YOGA | 10:45AM to 11:45AM PILATES-MAT | 10:45AM to 11:45AM STRETCHING | 10:45AM to 11:45AM AOA YOGA | |
| | | | 3:45PM to 6:00PM TAE KWON DO | | | |
| | 6:30PM to 7:30PM YOGA-VINYASA | 6:30PM to 7:30PM YOGA-VINYASA | 6:30PM to 7:30PM ABOVE THE BARRE | 6:30PM to 7:30PM YOGA-VINYASA | | |