



# COAL CREEK FAMILY WELLNESS STUDIO SCHEDULE

**MAY 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 4/18/23	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

**MAY  
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 4/18/23	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		