



GROUP X SCHEDULE

OCTOBER 2021

Monday			Room	Type
6:00am	Spin	Jean	AR	
8:00am	Aqua Shallow	Jean	P	
8:30am	Zumba	Angela	AR	
9:00am	Aqua Shallow	Jean	P	
9:45am	Yoga	Autumn	AR	
10:00am	Aqua Deep	Renee	P	
11:15am	Pilates	Sharon	AR	
12:00pm	Aqua Shallow	Michelle	P	
12:45pm	Spin/ HIIT	Laurie	AR	
5:00pm	Aqua Deep	Jean	P	
5:30pm	Core	Melissa	AR	
5:30pm	Aqua Shallow	Carmen	P	
6:45pm	Yoga	Autumn	AR	

Wednesday			Room	Type
6:00am	Spin	Sharon	AR	
8:00am	Aqua Shallow	Jean	P	
8:30am	Strength	Angela	AR	
9:00am	Aqua Shallow	Jean	P	
9:45am	Zumba	Yezmi	AR	
10:00am	Aqua Deep	Renee	P	
12:00pm	Aqua Shallow	Jean	P	
5:15pm	Aqua Shallow	Carmen	P	
5:30pm	Strength	Melissa	AR	

Friday			Room	Type
6:00am	Spin	Jean	AR	
8:00am	Aqua Shallow	Jean	P	
8:30am	Strength	Angela	AR	
9:00am	Aqua Shallow	Jean	P	
9:45am	Zumba	Yezmi	AR	
11:15am	Yoga	Autumn	AR	
12:00pm	Aqua Shallow	Michelle	p	

Tuesday			Room	Type
8:00am	Aqua Shallow	Jean	P	
8:30am	Strength	Angela	AR	
9:00am	Aqua Shallow	Renee	P	
9:45am	Tabata	Melissa	AR	
11:15am	Shred	Amy	AR	
12:00pm	Aqua Shallow	Jean	P	
5:00pm	Aqua Deep	Jean	P	
5:30pm	Tabata	Melissa	AR	
5:30pm	Aqua Shallow	Carmen	P	
6:45pm	Zumba	Yezmi	AR	

Thursday			Room	Type
8:00am	Aqua Shallow	Jean	P	
8:30am	Zumba	Angela	AR	
9:00am	Aqua Shallow	Renee	P	
9:45am	Spin	Jean	AR	
11:15am	Yoga	Taylor	AR	
12:00pm	Aqua Shallow	Michelle	P	
12:45pm	Spin/HIIT	Laurie	AR	
5:00pm	Aqua Deep	Jean	P	
5:30pm	Tabata	Melissa	AR	
5:30pm	Aqua Shallow	Carmen	P	
6:45pm	Zumba	Yezmi	AR	

Saturday			Room	Type
8:30am	Aqua Shallow	Rotation	P	
8:30am	Zumba	Lucy	AR	
10:00am	Int. Interval	Melissa	AR	

Class schedule based on availability of instructors and may be subject to change.

Aqua
 Strength
 Cardio
 Mind/Body
 Fusion

AR = Aerobics Room P= Pool GYM= Basketball Gym FOD=Fitness on Demand Studio OP=Outdoor Pool