

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0645-0715.	Keiser Cycling Express	Hec	Studio 2	
0715-0745.	Circuits	Hec	Studio 1	
0930-1015.	Aerobics Express	Hec	Studio 1	A
0930-1020.	Aerobics	Hec	Studio 2	
0930-1030.	Hatha Yoga	Hol	Mind & Body	
1015-1100.	Legs, Bums & Tums	Scs	Studio 1	
1030-1115.	Aqua	Scs	Pool	S
1030-1115.	Core Stability	Scs	Studio 2	S
1130-1215.	Keiser Cycling	Hec	Studio 2	
1700-1800.	Body Pump	Scs	Studio 1	
1730-1800.	Power Plate	Scs	Gym	C E *
1815-1900.	Keiser Cycling	Hec	Studio 1	
1830-1915.	Body Combat Express	Hec	Studio 2	*
1830-1930.	Body Vive	Scs	Mind & Body	* S
1830-1930.	Group Ex Welcome	Otc	Club Room	*
1900-2000.	Circuits	Hec	Studio 1	
1915-2000.	Body Attack Express	Hec	Studio 2	
1930-2030.	Body Balance	Hol	Mind & Body	
2000-2100.	Body Pump	Scs	Studio 1	
2000-2200.	Tae Kwon Do	Hec	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0645-0730.	Keiser Cycling	Hec	Studio 2	
0930-1015.	Legs, Bums & Tums	Scs	Studio 2	
0930-1030.	Step	Hec	Studio 1	A
1000-1100.	Pre & Post Natal	Otc	Mind & Body	
1015-1100.	Show Time	Dan	Studio 2	
1030-1115.	Aqua	Scs	Pool	S
1030-1130.	Body Pump	Scs	Studio 1	
1100-1200.	Kinesis	Otc	Gym	C E
1130-1230.	Pilates	Hol	Mind & Body	
1730-1800.	Power Plate Advanced	Scs	Gym	C E *
1730-1830.	Body Vive	Scs	Studio 1	* S
1800-1900.	Weight Loss Course	Otc	Gym	C E
1800-1845.	Keiser Cycling	Hec	Studio 2	
1830-1945.	Iyengar Yoga	Hol	Mind & Body	
1845-1900.	Introduction to Keiser Cycling	Hec	Studio 2	
1900-1945.	Keiser Cycling	Hec	Studio 2	
1900-2000.	Body Combat	Hec	Studio 1	
2000-2100.	Body Pump	Scs	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0800.	Body Pump	Scs	Studio 1	
0930-1030.	Body Balance	Hol	Mind & Body	
0930-1030.	Body Pump	Scs	Studio 1	
0930-1030.	Core Stability	Scs	Studio 2	
0930-1030.	Weight Loss Course	Otc	Gym	C E
1030-1130.	Body Combat	Hec	Studio 1	
1030-1130.	Body Vive	Scs	Mind & Body	S
1030-1115.	Aqua	Scs	Pool	S
1130-1245.	Iyengar Yoga	Hol	Mind & Body	
1130-1215.	Keiser Cycling	Hec	Studio 2	
1730-1800.	Abs & Back	Scs	Studio 2	*
1800-1900.	Body Combat	Hec	Studio 2	
1800-1900.	Body Pump	Scs	Studio 1	
1815-1900.	Pilates Beginners	Hol	Mind & Body	
1900-2000.	Pilates Intermediate	Hol	Mind & Body	
1900-1945.	Step	Hec	Studio 1	* A
1900-1950.	RPM	Hec	Studio 2	
1930-2030.	Team Sports Fit	Otc	Gym	
2000-2100.	Body Balance	Hol	Mind & Body	
2000-2100.	Keiser Cycling Advanced	Hec	Studio 2	A

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0645-0715.	Body Pump Express	Scs	Studio 1	
0715-0745.	Abs & Back	Scs	Studio 1	
0930-1015.	Core Stability	Scs	Mind & Body	
0930-1015.	Keiser Cycling	Hec	Studio 2	
0930-1030.	Step	Hec	Studio 1	A
1000-1100.	Tennis Fit	Otc	Gym	
1030-1115.	Aqua	Scs	Pool	S
1030-1130.	Body Combat	Hec	Studio 2	
1030-1130.	Body Pump	Scs	Studio 1	
1130-1215.	Legs, Bums & Tums	Scs	Studio 2	
1730-1800.	Body Pump Express	Scs	Studio 1	
1800-1900.	Body Combat	Hec	Studio 1	
1815-1915.	Salsa Dancing	Dan	Studio 2	
1830-1930.	Running Club	Otc	Reception	*
1900-2000.	Body Pump	Scs	Studio 1	
1915-1950.	RPM Express	Hec	Studio 2	
2000-2045.	Keiser Cycling	Hec	Studio 2	
2000-2100.	Body Balance	Hol	Mind & Body	

KEY

E	Additional fee for this class	C	Class is part of a course
A	Advanced class, experience required	*	Adult class coincides with children's activity
S	Designed for senior members		

