



CLLC Fitness Schedule January 30th - March 18th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fusion 9:45-10:45AM		Fusion 9:45-10:45AM		Athletic Step 9:15-10:00AM	Yoga 9:45-10:45AM	
Strength and Balance 11:00AM-12:00PM		Strength and Balance 11:00AM-12:00PM		Total Body Fit 10:15-11:00AM		
		Deep Aquafit 12:30-1:30PM		Hatha Yoga 11:15-12:15PM		
				Deep Aquafit 12:30-1:30PM		
Athletic Step 5:30-6:30PM						