



CLLC Fitness Schedule March 20th - April 2nd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Deep Aquafit 8:30-9:30AM		Deep Aquafit 8:30-9:30AM		
Fusion 9:45-10:45AM		Fusion 9:45-10:45AM	Athletic Step 9:30-10:30AM		Yoga 9:45-10:45AM	
Strength and Balance 11:00AM-12:00PM		Strength and Balance 11:00AM-12:00PM		Total Body Fit 10:00-11:00AM		
	Deep Aquafit 1:00pm - 2:00pm **NEW**		Deep Aquafit 1:00pm - 2:00pm **NEW**	Hatha Yoga 11:15-12:15PM		
			Hatha Yoga 6:15-7:00PM			
Athletic Step 5:30-6:30PM	Gentle Hatha Yoga 5:30-6:30PM **NEW**		Meditation Yoga 7:15-7:45PM			