



CLLC Fitness Schedule March 2nd - March 19th

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 10:15-11:05AM		
	Deep Aquafit 1:00-2:00pm		Deep Aquafit 1:00-2:00pm	Hatha Yoga 11:15-12:15PM		
			Hatha Yoga 6:15-7:00PM			
Athletic Step 5:30-6:30PM			Meditation Yoga 7:15-7:45PM			