

CLLC Fitness Schedule January 6-March 15 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Deep Aquafit 8:30am-9:30am		Deep Aquafit 8:30am-9:30am		
Fusion 9:45am-10:45am	LIIT 9:30am-10:30am	Fusion 9:45am-10:45am	Cardio Sculpt 9:30am-10:30am	Total Body Fit 10:00am-11:00am	Pilates 9:00am-9:45am	
Strength and Balance 11:00am-12:00pm	Core and Stretch 10:45am-11:30am	Strength and Balance 11:00am-12:00pm	Pilates 10:45am-11:30am	Hatha Yoga 11:15am-12:15pm		
	Gentle Shallow Aquafit 11:30pm-12:15pm		Gentle Shallow Aquafit 11:30pm-12:15pm			
	Deep Aquafit 1:00pm-2:00pm		Deep Aquafit 1:00pm-2:00pm		No classes on holidays: Family Day Febuary 17th	
Zumba 5:30pm-6:30pm	Hatha Yoga 5:30pm-6:30pm	Gentle Hatha Yoga 6:00pm-7:00pm				

Childminding is available for ages 3 months to 10 years.
 Wednesdays 5:30pm - 7:30pm Thursdays 9:00am-11:30am
 Fridays 9:00am-11:30am
 Saturdays 9:00am - 11:30am

This schedule is subject to change.
 For the most up to date schedule information follow us on
 Facebook and Instagram

