

Room Guide:

(G) Gymnasium. (W) West Gym• (E) East Gym• (H) Hume Studio• (A) Active Living Stdio2. (P) Pool. (F) Functional Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
Synergy(F) 7:15-8AM	Sweat(W) 6:45-7:30AM	Vinyasa Yoga(A) 7-8AM	Vinyasa Yoga(A) 7-8AM	Hatha Yoga(A) 6:30-7:30AM	Power Yoga(A) 7:30–8:30AM	Power Yoga (A) 7:30-8:30AM
Strength(W) 9-10AM	Vinyasa Yoga(A) 7-8AM	Core (W) 7:15-8AM	Gentle Tone(W) 9-10AM	Cycle(H) 7:15-8 AM	Synergy(F) 8-8:45 AM	Synergy(F) 8:15-9 AM
Hatha Yoga(A) 11-12:15	Fusion(W) 9-10AM	Cycle(H) 7:15-8am	Hatha Yoga(A) 11-12:15 PM	Gentle Tone (G) 10:30-11:30AM	Synergy(F) 9-9:45AM	Mossa Group Power (F) 9:30-10:30AM
Gentle Tone(W) 11:15-12:15PM	Latin Dance (E) 9:30 –10:30AM	Gentle Tone(G) 9-10AM	Synergy(F) 2-2:45PM	Advanced stretch(A) 12-1PM	Step (W) 8:15-9:15AM	Belly Dance(A) 12:15 –1:15PM
Mossa Group Power(W) 12:30-1:30PM	Hatha Yoga (A) 11-12PM	Synergy(F) 9:30-10:15AM		Aquafit(P) 12-12:45PM	Cycle (H) 9:30-10:30AM	
Stretch(A) 1-1:30PM	Cycle(H) 12-12:45PM	Gentle Flow Yoga(A) 10-11AM		Fusion(W) 12-1PM	Strength(W) 9:30 –10:30AM	
Synergy(F) 1:30-2:15PM	HIIT(F) 12:15-1PM	Aquafit(P) 10:15-11AM		Cycle (H) 12:15-1:15PM	Vinyasa Yoga (A) 10-11AM	
Aquafit(P) 2-2:45PM	Aquafit(P) 2:15-3PM	Vinyasa Yoga(A) 11:30-12:30PM		Synergy 1:30-2:15PM	Persian Dance (W) 10:45-11:30AM	
Hip hop(W) 4:15-5:15PM	Group Power(W) 4:15-5:15PM	Strength(W) 1:15-2:15PM		Strength(W) 2:45-3:45pm		
EVENING						
Power Yoga(A) 5-6PM	Cardio Dance (E) 4:30-5:15PM	Synergy(F) 2:30-3:15PM	Barre(W) 4:15-5:15PM	Synergy(F) 4-4:45PM		Flow Yoga(A) 7-8PM
Step and Strength(G) 6-7PM	Power Yoga(A) 5-6PM	Cardio Dance (E) 5:15-6:15PM	Synergy(F) 4:30-5:15PM	Step (W) 4:30-5:30PM	Hip hop(W) 7-8PM	
Cycle(H) 6-7PM	Step and Strength(G) 5:30-6:30PM	Power Yoga(A) 5:15PM 6:15PM	Pilates(A) 5:15-6PM	Cardio dance(E) 4:45-5:30 PM		
Stretch(A) 6:15-7:15	Cycle (H) 6-7PM	Strength (W) 5:30-6:30PM	Step(W) 5:30-6:30PM	Hatha Yoga(A) 5-6PM		
Zumba(G) 7:15-8PM	Vinyasa Yoga(A) 6:15-7:15PM	Cycle(H) 6-6:50PM	Cardio Dance(E) 5:45-6:30PM	Strength (W) 5:45-6:45PM		
Cycle(H) 7:30-8:30PM	Persian dance(A) 7:30-8:30 PM	Vinyasa Yoga(A) 6:30-7:30PM	Cycle(H) 6-6:45PM	Hatha Yoga(A) 6:15-7:15 PM		
Synergy(F) 8-8:45PM		Step(W) 6:45-7:45PM	Mossa Group Power (G) 6:45-7:45PM			
Yin & Meditation (A) 7:30-8:30PM		Synergy(F) 7:45-8:30pm				

