

Room Guide:

(G) Full Gym - (W) West Gym - (E) East Gym - (H) Hume Studio
(A) Active Living Studio2 - (P) Pool - (F) Functional Room

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

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