

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 | Cycle (H) 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 | Gentle Tone(G) 9-10AM | 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 | Synergy (F) 9:30-10:15AM | 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 | Mossa Group Power(W) 12 to 1PM | Aquafit (P) 10:15-11AM | Hatha Yoga (A) 11-12:15 PM | Aquafit (P) 12-12:45PM | Strength (W) 9:30 - 10:30AM | Zumba(W) 10:45-11:30AM |
| Kid's Soccer(E) 4:15 to 5:15 PM | | Vinyasa Yoga (A) 11:30-12:30PM | Strength(W) 12:15 to 1 PM | Cycle (H) 12:15-1:15PM | Synergy (F) 10-10:45AM | |
| Hip Hop (W) 4:45-5:45PM | | Group Power (W) 12:15-1PM | Vinyasa Yoga(A) 1:30-2:30PM | Hatha Yoga (A) 1:30-2:30PM | Vinyasa Yoga (A) 10-11AM | |
| Power Yoga (A) 5-6PM | | Cycle (H) 5 to 5:45 PM | Synergy (F) 2-2:45PM | | Persian Dance (W) 10:45-11:30AM | |
| Vinyasa Yoga(A) 6:15 to 7:15 pm | | Strength (G) 5:30-6:30PM | Barre (W) 4:15-5:15PM | | | |
| Step and Strength (G) 6-7PM | Cardio Dance(E) 4:30-5:15 | Hatha Yoga(A) 5:15 to 6:15 PM | Pilates (A) 5:15-6PM | | | |
| Cycle(H) 6-7PM | Vinyasa Flow Yoga(A) 4:45-5:45pm | Synergy (F) 5:45-6:30PM | Advanced Step (W) 5:30-6:30PM | | | |
| EVENING | | | | | | |
| Cycle(H) 7:15 to 8 PM | Step and Strength (G) 5:30-6:30PM | Cycle (H) 6-6:50PM | Kid's Basketball(E) 4:15 to 5:15 PM | Advanced Step (W) 4:30-5:30PM | Hip Hop (A) 5-6PM | Hatha Yoga(A) 7 to 8 PM |
| Zumba(W) 7:15-8PM | Cycle (H) 6-7PM | Vinyasa Yoga (A) 6:30-7:30PM | Cardio Dance (E) 5:30-6:15PM | Hatha Yoga (A) 5-6PM | | |
| Synergy(F) 7:15-8PM | Vinyasa Yoga (A) 6:15-7:15PM | Zumba (E) 6:45-7:45PM | Cycle (H) 6-6:45PM | Strength (W) 5:45-6:45PM | | |
| Yin & Meditation Yoga (A) 7:30-8:30PM | HIIT(F) 6:30to7:15 PM | Advanced Step(w) 6:45-7:45PM | Mossa Group Power(G) 6:45-7:45PM | | | |
| | Persian Dance (A) 7:30-8:30 PM | Pilates(W) 7:45-8:30pm | Vinyasa Yoga(A) 6:45-7:45pm | | | |
| | | Synergy(F) 7:45-8:30pm | | | | |