

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