

<b>Room Guide:</b> (G) Full Gym - (W) West Gym - (E) East Gym - (H) Hume Studio (A) Active Living Studio2 - (P) Pool - (F) Functional Room						
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>MORNING and AFTERNOON</b>						
<b>Strength (W)</b> 8:30-9:30am	<b>Vinyasa Yoga (A)</b> 7-8am	<b>Vinyasa Yoga (A)</b> 7-8am	<b>Vinyasa Yoga (A)</b> 7-8am	<b>Hatha Yog (A)</b> 6:30-7:30am	<b>Power Yoga (A)</b> 7:30-8:30am	<b>Synergy (F)</b> 8:15-9am
<b>Aquafit (P)</b> 9:30-10:15am	<b>Aquafit (P)</b> 10:15- 11am	<b>Cycle (H)</b> 7:15-8am	<b>Synergy (F)</b> 9-9:45 am	<b>Cycle (H)</b> 7:15-8am	<b>Step (W)</b> 8:15-9:15am	<b>Barre (W)</b> 8:15-9am
<b>Hatha Yog (A)</b> 11-12:15pm	<b>Sweet and Sculpt (W)</b> 10:45-11:45am	<b>Gentle Tone (G)</b> 9-10am	<b>Aquafit (P)</b> 10:15-11am	<b>Synergy (F)</b> 8:30-9:15am	<b>Synergy (F)</b> 9-9:45am	<b>Cycle (H)</b> 9-9:45am
<b>Gentle Tone (W)</b> 11:15-12:15pm	<b>Hatha Yoga (A)</b> 11-12pm	<b>Synergy (F)</b> 9:30-10:15am	<b>Gentle Tone (W)</b> 11am-12pm	<b>Gentle Tone (G)</b> 10:30-11:45am	<b>Cycle (H)</b> 9:30-10:30am	<b>Mossa Group Power (G)</b> 9:30-10:30am
<b>Mossa Group Power (W)</b> 12:30-1:30pm	<b>Mossa Group Power (W)</b> 12 -1pm	<b>Aquafit (P)</b> 10:15-11am	<b>Hatha Yoga (A)</b> 11-12:15pm	<b>Flow Yoga (A)</b> 11:30-12:30pm	<b>Strength (W)</b> 9:30-10:15am	
<b>Kid's Soccer (E)</b> 4:15-5:15pm	<b>Hatha Yoga (A)</b> 2:30-3:30pm	<b>Vinyasa Yoga (A)</b> 11:30-12:30pm	<b>Strength (W)</b> 12:15-1pm	<b>Aquafit (P)</b> 12-12:45pm	<b>Synergy (F)</b> 10-10:45am	
<b>Hip Hop (W)</b> 4:45-5:45PM		<b>Group Power (W)</b> 12:15-1pm	<b>Vinyasa Yoga (A)</b> 1:30-2:30pm	<b>Cycle (H)</b> 12:15-1:15pm	<b>Vinyasa Yoga (A)</b> 10-11am	
<b>Power Yoga (A)</b> 5-6PM		<b>Cycle (H)</b> 5-5:45pm	<b>Synergy (F)</b> 2-2:45pm	<b>Hatha Yoga (A)</b> 1:30-2:30pm	<b>Persian Dance (W)</b> 10:45-11:30am	
<b>Vinyasa Yoga (A)</b> 6:15-7:15 pm	<b>Vinyasa Flow Yoga (A)</b> 4:45-5:45pm	<b>Strength (G)</b> 5:30-6:30pm	<b>Barre (W)</b> 4:15-5:15pm			
			<b>Synergy (F)</b> 4:15-5pm			
<b>Step and Strength (G)</b> 6-7pm	<b>Cardio Dance (E)</b> 4:30-5:15	<b>Hatha Yoga(A)</b> 5:15-6:15pm	<b>Pilates (A)</b> 5:15-6pm			
			<b>Synergy (F)</b> 5:15-6pm			
<b>Cycle (H)</b> 6-7pm	<b>Synergy (F)</b> 5:15-6pm	<b>Synergy (F)</b> 5:45-6:30pm	<b>Advanced Step (W)</b> 5:30-6:30pm			
<b>EVENING</b>						
<b>Cycle (H)</b> 7:15-8pm	<b>Step and Strength (G)</b> 5:30-6:30pm	<b>Cycle (H)</b> 6-6:50pm	<b>Kid's Basketball (E)</b> 4:15-5:15pm	<b>Advanced Step (W)</b> 4:30-5:30pm	<b>Hip Hop (A)</b> 5-6pm	<b>HathaYoga (A)</b> 7-8pm
<b>Zumba (W)</b> 7:15-8pm	<b>Cycle (H)</b> 6-7pm	<b>Vinyasa Yoga (A)</b> 6:45-7:45pm	<b>Cardio Dance (E)</b> 5:30-6:15pm	<b>Hatha Yoga (A)</b> 5-6pm		
<b>Synergy (F)</b> 7:15-8pm	<b>Vinyasa Yoga (A)</b> 6:15-7:15pm	<b>Zumba (E)</b> 6:45-7:45pm	<b>Cycle (H)</b> 6-6:45pm	<b>Strength (W)</b> 5:45-6:45pm		

<b>Yin &amp; Meditation Yoga (A)</b> 7:30-8:30pm		<b>Advanced Step (w)</b> 6:45-7:45pm	<b>Mossa Group Power(G)</b> 6:45-7:45PM	<b>Power Yoga (A)</b> 6:15-7:15pm		
	<b>Persian Dance (A)</b> 7:30-8:30 pm	<b>Synergy (F)</b> 7:45-8:30pm	<b>Vinyasa Yoga(A)</b> 6:45-7:45pm			