


Winter 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30 AM - 7:15 AM <b>Operation Cheeky</b> Z1 (Nicole)		6:30 AM - 7:15 AM <b>Spin</b> Z2 (Nicole)		6:30 AM - 7:15 AM <b>Full Body Strength</b> Z1 (Nicole / Buket)	
	9:30 AM - 10:15 AM <b>Full Body</b> Z1 (Nicole)	9:30 AM - 10:15 AM <b>Pilates</b> Z3 (Alexandra)	9:30 AM - 10:30 AM <b>Zumba</b> Z3 (Lou)	9:30 AM - 10:15 AM <b>Barre</b> Z3 (Lou)	9:30 AM - 10:30 AM <b>Power Pump</b> Z3 (Kim)	9:15 AM - 10:15 AM <b>Zumba</b> Z3 (Sebrina)
	9:30 AM - 10:30 AM <b>Zumba</b> Z3 (Lou)		9:30 AM - 10:00 AM <b>Spin</b> Z2 (Buket)		11:00 AM - 11:45 AM <b>TRX &amp; Tread</b> Z2 (Buket)	9:30 AM - 10:15 AM <b>Spin + Arms</b> Z2 (Buket)
						10:30 AM - 11:30 AM <b>Pilates</b> Z3 (Alexandra)
	4:00 PM - 5:30 PM <b>Youth Training</b> (Jan 15 - March 5)		4:00 PM - 5:30 PM <b>Youth Training</b> (Jan 15 - March 5)		4:00 PM - 5:30 PM <b>Youth Training</b> (Jan 15 - March 5)	
	6:30 PM - 7:15 PM <b>Spin</b> Z2 (Buket)	6:15 PM - 7:15 PM <b>Pilates</b> Z3 (Alexandra)	6:30 PM - 7:30 PM <b>Athlete Training</b> (Jan 17 - Apr 17)			
		7:30 PM - 8:30 PM <b>Lift Like a Girl</b> Z1 (Buket) (On-going)		6:30 PM - 7:30 PM <b>Lift Like a Girl</b> Z1 (Andrea) (On-going)		
	7:15 PM - 8:15 PM <b>TRX &amp; Tread</b> Z2 (Kim)	7:15 PM - 8:15 PM <b>Zumba</b> Z3 (Sebrina)	7:15 PM - 8:15 PM <b>Power Pump</b> Z3 (Kim)	7:15 - 8:15PM <b>Total Body Combo</b> Z3 (Sebrina)		

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