

SAT 23 DEC	SUN 24 DEC	MON 25 DEC	TUE 26 DEC	WED 27 DEC	THU 28 DEC	FRI 29 DEC	SAT 30 DEC	SUN 31 DEC	MON 1 JAN	TUE 2 JAN
7:00am - 7:50am SPIN Cycle Studio	8:15am - 9:05am Total Body Strength Group Fitness Studio		12:45pm - 1:20pm EPIC Express Conditioning Group Fitness Studio	7:15am - 7:50am EPIC Express Conditioning Group Fitness Studio	7:15am - 7:50am EPIC Express Strong Group Fitness Studio	7:10am - 8:00am Reformer Power Pilates Reformer Studio	7:30am - 8:20am SPIN Cycle Studio	8:15am - 9:05am Total Body Strength Group Fitness Studio		5:45am - 6:30am Functional Full Body Circuit Group Fitness Studio
8:10am - 9:00am SPIN Power Cycle Studio	8:30am - 9:30am SPIN Endurance Cycle Studio		1:30pm - 2:05pm EPIC Express Burnout Group Fitness Studio	8:00am - 8:45am AQUA Kick, Splash, Jab Shallow water Pool	7:30am - 8:20am Reformer Power Pilates Reformer Studio	7:15am - 7:50am EPIC Express Burnout Group Fitness Studio	8:00am - 8:45am AQUA EPIC Power Shallow Water Pool	8:30am - 9:30am SPIN Endurance Cycle Studio		5:45am - 6:35am SPIN Power Cycle Studio
8:15am - 9:05am Body Pump Group Fitness Studio	9:15am - 10:05am Flex, Sculpt and Tone Group Fitness Studio		2:15pm - 2:45pm SPIN Express Cycle Studio	8:00am - 8:50am SPIN Cycle Studio	7:45am - 8:45am Dru Yoga Wellness Room	8:00am - 8:50am Flex, Sculpt and Tone Group Fitness Studio	8:15am - 9:05am Body Pump Group Fitness Studio	9:15am - 10:05am Flex, Sculpt and Tone Group Fitness Studio		6:00am - 7:00am AQUA Strenght and Fitness Shallow water Pool
9:15am - 10:05am Body Attack Group Fitness Studio	9:15am - 10:15am Tone and Stretch Wellness Room		4:30pm - 5:05pm EPIC Express Strong Group Fitness Studio	8:15am - 9:00am EPIC 101 Group Fitness Studio	8:00am - 9:00am AQUA Blend Shallow Water Pool	8:00am - 8:50am AQUA Shallow Water Pool	8:15am - 9:05am Reformer Power Pilates Reformer Studio	10:30am - 11:30am Body Balance Group Fitness Studio		7:00am - 7:45am AQUA Blend Shallow water Pool
9:15am - 10:05am Pilates Blend Wellness Room	10:30am - 11:30am Body Balance Group fitness Studio		5:15pm - 5:45pm SPIN Express Cycle Studio	8:15am - 9:05am Reformer Power Pilates Reformer Studio	8:00am - 9:00am AQUA Blend Deep Water Pool	8:10am - 9:00am Reformer Power Pilates Reformer Studio	8:30am - 9:20am SPIN Endurance Cycle Studio	11:35am - 12:05pm Meditation in Motion Group Fitness Studio		7:15am - 7:45am AQUA Deep Water Running Deep water Pool
9:15am - 10:05am Reformer Power Pilates Reformer Studio	11:35am - 12:35pm Meditation in Motion Group fitness Studio			9:15am - 10:00am AQUA EPIC Power Shallow water Pool	8:10am - 9:00am SPIN Cycle Studio	8:10am - 9:40am SPIN Power Cycle Studio	9:00am - 9:50am Flex, Sculpt and Tone Wellness Room	1:00pm - 1:50pm AQUA Shallow water Pool		8:00am - 8:35am EPIC Express Burnout Group Fitness Studio
10:15am - 11:05am Reformer Power Pilates Reformer Studio	1:00pm - 1:50pm AQUA Shallow water Pool			9:15am - 10:05am Total Body Strength Group Fitness Studio	8:15am - 9:05am Mature Movers Group Fitness Studio	9:15am - 10:00am AQUA Kick, Splash & Jab Shallow Water Pool	9:00am - 10:00am AQUA Kick, Splash & Jab Shallow Water Pool	1:55pm - 2:25pm AQUA Express Power Shallow water Pool		8:00am - 8:50am AQUA Strength and Fitness Shallow water Pool
10:15am - 11:15am Barre Free Wellness Room	1:55pm - 2:25pm AQUA Express Shallow water Pool			9:15am - 10:05am RPM Cycle Studio	8:30am - 9:20am Reformer Power Pilates Reformer Studio	9:15am - 10:05am Reformer Pilates Blend Reformer Studio	9:15am - 10:05am Step Cardio Group Fitness Studio	2:30pm - 3:00pm AQUA Express Power Shallow water Pool		8:00am - 9:00am AQUA Tabata / HIIT Deep water Pool
10:15am - 11:15am Body Balance Group Fitness Studio	2:30pm - 3:00pm AQUA Express Shallow water Pool			9:15am - 10:05am Reformer Lower Body Blast Reformer Studio	9:15am - 10:00am EPIC Power Group Fitness Studio	9:15am - 10:15am Body Pump Group Fitness Studio	9:15am - 10:05am Reformer Lower Body Blast Reformer Studio			8:15am - 9:05am Yoga Gentle Wellness Room
11:30am - 12:30pm Zumba Group Fitness Studio				10:15am - 11:05am Flex, Sculpt and Tone Group Fitness Studio	9:15am - 10:00am AQUA Blend Deep Water Pool	10:15am - 11:05am Reformer Pilates Blend Reformer Studio	10:15am - 11:05am Reformer Pilates Blend Reformer Studio			8:45am - 9:20am EPIC Express conditioning Group Fitness Studio
				10:15am - 11:05am Reformer Pilates Blend Reformer Studio	9:15am - 10:00am AQUA Ultimate Shallow water Pool	10:30am - 11:45am Hatha Yoga Wellness Room	10:15am - 11:15am Body Balance Group Fitness Studio			9:15am - 10:00am AQUA Ultimate Shallow water Pool
				10:30am - 11:30am Body Balance Wellness Room	9:30am - 10:20am Reformer Power Pilates Reformer Studio	4:10pm - 4:45pm EPIC Express Conditioning Group Fitness Studio				9:15am - 10:15am Pilates Wellness Room
				12:30pm - 1:20pm Reformer Pilates Blend Reformer Studio	10:15am - 11:15am Body Pump Group Fitness Studio	5:00pm - 5:50pm Functional Full Body Circuit Group Fitness Studio				9:25am - 10:0am EPIC Express Strong Group Fitness Studio
				1:30pm - 2:20pm Reformer Pilates Blend Reformer Studio	10:30am - 11:30am Vinyasa Yoga Wellness Room					10:15am - 11:00am AQUA Blend Deep water Pool
				5:00pm - 5:50pm Body Pump Group Fitness Studio	11:00am - 11:50am Reformer Pilates Blend Reformer Studio					10:15am - 11:05am Vinyasa Yoga Wellness Room
				5:45pm - 6:45pm Dru Yoga Wellness Room	12:00pm - 12:50pm Reformer Pilates Blend Reformer Studio					5:00pm - 5:45pm Zumba Gold Wellness Room
				6:00pm - 6:50pm Zumba Group Fitness Studio	4:10pm - 4:45pm EPIC Express Strong Group Fitness Studio					5:00pm - 5:45pm EPIC Power Group Fitness Studio
					5:00pm - 5:50pm Total Body Strength Group Fitness Studio					6:00pm - 6:50pm Zumba Group Fitness Studio
					6:00pm - 6:50pm Flex, Sculpt and Tone Group Fitness Studio					6:00pm - 6:50pm Flex, Sculpt & Tone Wellness Room
										6:10pm - 7:00pm SPIN Cycle Studio
										7:00pm - 8:00pm VeraFlow Group Fitness Studio