October 2024 Group Exercise Schedule



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	,	Master Swim	,	Master Swim	,	Master Swim	,
5:30AM-		Nick		Nick		Nick	
6:30AM		Large Pool		Large Pool		Large Pool	
5:45AM-		Cycling		Cycling		Cycle Boot Camp	
6:45AM		Dolores		Patty		Dolores	
							Master Swim
7:00AM-							Nick
8:30AM							Large Pool
8:00AM-			Foam Rolling		Foam Rolling		
8:30AM			Ann		Ann		
8:15AM-						Step & Sculpt	
9:00AM						Stacy	
8:15AM-						,	Cardia Saulat
							Cardio Sculpt
9:15AM							Dolores
8:30AM-	Slow Flow Yoga	Barre Sculpt	Pilates Mat	Barre Sculpt	Pilates Mat		
		Patty		Patty			
9:30AM	Liz & Elif	LIVE & ZOOM	Ann	LIVE & ZOOM	Ann		
						Zumba & Hip Hop	
9:00AM-						Stacy	
10:00AM						LIVE & ZOOM	
			Master Swim	Zumba & Abs	Master Swim	LIVE & ZOOW	
9:30AM-							Yoga 4 All
10:30AM			Nick	Stacy 75 min.	Nick		Makiko
			Large Pool	LIVE & ZOOM	Large Pool		
9:45AM-		Pilates Sculpt					
10:45AM		Express					
10.40/101		Lisa					
9:45AM-	Pilates Sculpt Plus		Strength & Stretch		Strength & Stretch		
	•		Patty		Patty		
11:15AM	Lisa		LIVE & ZOOM		LIVE & ZOOM		
10:15AM-						Pilates Sculpt Plus	
11:45AM						Lisa	
11.43AW							
10:00AM-		Water Fitness		Water Fitness		Water Fitness	Water Fitness
11:00AM		Patty		Patty		Patty	Katherine
11.00AW		Training Pool		Training Pool		Training Pool	Training Pool
12:15PM-			Cycle		Cycle		
1:15PM			Rachel		Rachel		
			Radiidi		Ruoner		
12:30PM-	Cycle						
1:30PM	Rachel						
4:00PM-			Gentle Yoga		Gentle Yoga		
5:15PM			Ann		Liz		
J. I JE IVI							
5:30PM-		Strength & Sculpt	Zumba	Strength & Sculpt	Zumba		
6:30PM		Shannon	Stacy	Shannon	Stacy		
0.001 III		S.Idillion .	LIVE & ZOOM	- Chairnon	LIVE & ZOOM		
6:00PM-						Yoga Strong	
7:00PM						Lance	
					5 (
6:30PM-			Cycle		Beats n Feet's		
7:30PM			Stacy		Stacy		
6:45PM-		Yoga Strong		Yoga 4 All			
7:45PM		Lance		Makiko			
r .⇔JF WI				IVIANINU			
Legend	Strength	Pilates	Aquatics	Cycle	Yoga	Sculpt	Dance
			- 19.5.00		9-		