

REFORMER STUDIO							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6AM	REF	REF	REF	REF	REF		
7AM	REF	REF	REF	REF	REF		
7.30AM						REF	
8.30AM						REF	REF
9.30AM	REF	REF	REF	REF	REF	REF	REF
10.30AM	REF	REF		REF			
12.00PM	CLINICAL REF						
4.30PM	REF		CLINICAL REF	REF	REF		
5.30PM	REF	REF	REF	REF	REF		
6.30PM	REF	REF	REF	REF	REF		
7.30PM	REF						

FUNCTIONAL TRAINING							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00AM	FUNCTIONAL	WOMENS BOXING			FUNCTIONAL		
7.00AM		FUNCTIONAL					
8.45AM						FUNCTIONAL	
9.30AM				FUNCTIONAL		FUNCTIONAL	
11.30PM					SENIOR STRENGTH		
4.30pm				BOXING			
5.30PM			FUNCTIONAL				
6.00PM	FUNCTIONAL						
6.15PM			FUNCTIONAL				

VIRTUAL CLASSES							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6AM	PUMP		BALANCE	RPM	COMBAT	CORE	RPM
7AM	SPRINT	SPRINT	CORE	RPM	CORE		COMBAT



New Classes this Timetable



These classes are run in the Warm Water Pool



Available to Active Adults Members



*Classes with lower numbers