



# FULL LENGTH CLASSES

MON	TUE	WED	THU	FRI	SAT	SUN
6:05 - 6:55 AM BOOTCAMP ANDREW <b>c</b>	6:05 - 6:55 AM THE YOGA CLUB MARK <b>c</b>	6:05 - 6:55 AM BOOTCAMP ANDREW <b>c</b>	6:05 - 6:55 AM THE YOGA CLUB MARK <b>c</b>	6:05 - 6:55 AM BOOTCAMP CHRIS <b>c</b>	10:30-12:00 PM THE YOGA EXPERIENCE PHIL	10:30-12:00 PM THE YOGA EXPERIENCE PHIL
7:00 - 7:45 AM MARATHON CYCLING ELIZABETH	7:00 - 7:45 AM CARDIO BOXING TONY	7:00 - 7:45 AM CORE RELATION RAVEN <b>c</b>	7:00 - 7:45 AM CARDIO BOXING TONY	7:00 - 7:45 AM MARATHON CYCLING ELIZABETH		
7:00 - 7:55 AM YOGA PHIL <b>c</b>		7:00 - 7:55 AM THE YOGA EXPERIENCE MARK		7:00 - 7:55 AM YOGA MARK <b>c</b>		
7:45 - 8:30 AM PILATES FIONA				7:45 - 8:30 AM PILATES FIONA		
8:00 - 8:45 AM CIRCUIT CLASS KIT <b>e</b>	8:00 - 8:45 AM MARATHON CYCLING WASIDAH	8:00 - 8:45 AM MARATHON CYCLING TORELLO	8:00 - 8:45 AM MARATHON CYCLING NICOLE	8:00 - 8:45 AM CIRCUIT CLASS KIT <b>e</b>		
		10:00 - 10:45 AM STUDIO CYCLING TORELLO				
11:00 - 11:55 AM CARDIO BOXING TONY	11:00 - 11:55 AM BOOTCAMP TALISA <b>c</b>	11:00 - 11:55 AM CARDIO SCULPT TALISA	11:00 - 11:55 AM BOOTCAMP TALISA <b>c</b>	11:00 - 11:55 AM CARDIO SCULPT TALISA <b>c</b>		
11:00 - 11:55 AM BARRE-FIT DION <b>c</b>	11:00 - 11:55 AM MVE CHAIR PILATES BETH		11:00 - 11:55 AM MVE CHAIR PILATES GAIL	11:00 - 11:55 AM BARRE-FIT DION		
12:00 - 1:00 PM CARDIO SCULPT TONY	12:00 - 1:00 PM PILATES BETH <b>c</b>	12:00 - 1:00 PM ZUMBA DOMENICA	12:00 - 1:00 PM PILATES BETH	12:00 - 1:00 PM MVE CHAIR FUSION BETH		
	12:00 - 1:00 PM GET RIPPED TONY	12-12:45 PM CIRCUIT CLASS TALISA <b>e</b>				
1:10 - 2:10 PM MAC YOGA BETH	1:10 - 2:10 PM MAC YOGA BETH <b>c</b>	1:10 - 2:10 PM MAC YOGA BETH	1:10 - 2:10 PM MAC YOGA BETH <b>c</b>	1:10 - 2:10 PM MAC YOGA BETH		
1:15 - 2:00 PM TRX TONY <b>c</b>	1:15 - 2:00 PM BIKE 'N' BOOTCAMP PAT	1:15 - 2:00 PM BOOTCAMP TONY <b>c</b>	1:15 - 2:00 PM BIKE 'N' BOOTCAMP PAT	1:15 - 2:00 PM TRX TONY <b>c</b>		
5:00- 5:55 PM FREESTYLE YOGA CRYSTAL	5:00- 5:55 PM MARATHON CYCLING TORELLO	5:00- 5:55 PM PILATES CJ	5:00- 5:55 PM MARATHON CYCLING NICOLE	5:00- 5:55 PM FREESTYLE YOGA CRYSTAL		
6:00 - 6:55 PM CARDIO SCULPT SHU-FY	6:00 - 6:55 PM BOXING RICKY	6:00 - 6:55 PM CARDIO SCULPT WASIDAH	6:00 - 6:55 PM BOXING RICKY			
7:00 - 8:00 PM BARRE-FIT DION	7:05 - 8:00 PM TOTAL BODY CONDITIONING LJ		7:05 - 8:00 PM TOTAL BODY CONDITIONING KIT			
7:00 - 8:30 PM TAE KWON DO <b>c</b>	7:00 - 8:30 PM TAE KWON DO <b>c</b>		7:00 - 8:30 PM TAE KWON DO <b>c</b>			

**MAC Class 5 Pack-\$80**  
**MAC Class 10 Pack-\$130**  
 Classes Are Free To Members

## PICK-UP BASKETBALL GAMES

Monday	Tuesday	Wednesday
8am-9am 12noon-1:05pm 4:45pm-6:55pm	7am-9am 2:20pm-3:20pm 4:45pm-6:55pm	8am-9am 12noon-1:05pm 4:45pm-6:55pm
Thursday	Friday	Sunday
8am-9am 12noon-1:05pm 4:45pm-6:55pm	8am-9am 12noon-1:05pm 4:45pm-8:00pm	10am-12:30pm

**THE BEAUTY  
 OF A  
 LONG WORKOUT**  
**1 hour / 45 minute**