

Abs & Booty

Monday 6:00pm
Wednesday 5:00pm

Pilates

Tuesday 6:15pm

**FitWise30
(Boot Camp)**

Monday 9:30am
Tuesday 12:30pm
Wednesday 12:00pm
Thursday 12:30pm
Friday 4:30pm
Saturday 8:00am

Yoga

Wednesday 6:00pm
Friday 6:00pm
Saturday 9:30am

(1 hour)

Zumba

Thursday 6:00pm
Saturday 11:15am

(1 hour)

Boxing

Monday 12:00pm,
3:30pm & 5:00pm

Tuesday 5:30pm
Wednesday 9:30am
Friday 9:00am

Circuit

Tuesday 3:30pm
Wednesday
5:30pm
Saturday 8:30am

Combat

Friday 5:30pm
Saturday 10:30am

Aerial Yoga

Monday 6:00pm
Wednesday 5:00pm
Friday 6:00pm
Saturday 8:00am

**Bungee
Dance**

Monday 5:00pm
Wednesday 6:00pm
Friday 7:00am
Saturday 7am & 9am

**FitWise
Gentle**

Monday 1:00pm
Thursday 1:00pm

Fit Ball

Tuesday 5:00pm
Thursday 5:00pm