

*Classes 2024*

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>9:00 10:00 AM</b>	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	STRETCH & FLOW PILATES	AQUA AEROBICS
<b>10:15 11:15 AM</b>	LOW IMPACT AEROBICS	BODY CONDITIONING	PILATES	TURTLE TOTS 9am - 1pm CARDIO DANCE FITNESS	SCULPT & STRENGTH CLASS