

Community Rooms 248 & 249

Winter 2019 January 2 - February 17

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday							
	248	249	248	249	248	249	248	249	248	249	248	249	248	249						
5:30	Strength Training Together 5:40-6:40 Theo		Body Attack 5:45-6:30 Karmon		Strength Training Together 5:40-6:40 Dan		Body Attack 5:45-6:30 Karmon		Cycle Plus 5:45-6:30 Theo											
6:00																				
6:30																				
7:00	Heart Watch		Pre-Stretch 7:40-8	TRX 7-7:50 Maryfaith	Heart Watch			TRX 7-7:50 Maryfaith	Heart Watch						Cycle Plus 7:30-8:30 Theo					
7:30																				
8:00	Cycle 8-9 Willie		Functional Body 8-9 Karmon		Cycle 8-9 Willie		Body Sculpt 8-9 Becky		Cycle 8-9 Norm											
8:30															Zumba 8:45-9:45			Kids Karate 9-10am	Qi Gong* 10:15-11:15 am	
9:00																				
9:30	Strength Training Together 9:15-10:15 Cyndi		Zumba 9:30-10:30 Shizuka		Strength Training Together 9:15-10:15 Amanda		Zumba 9:30-10:30 Amanda		Strength Training Together 9:15-10:15 Cyndi						Traditional Okinawan Karate 10:30-Noon					
10:00																				
10:30																				
11:00	Senior Strength Stretch & Balance 10:45-11:45 Sandy		Zumba Gold 10:40-11:40 Becky		Senior Strength Stretch & Balance 10:45-11:45 Sandy		Zumba Gold 10:40-11:40 Becky		Senior Strength Stretch & Balance 10:45-11:45 Sandy											
11:30																				
12:00	Core Express 12-12:30 Theo		Cycle 12-12:45 Dan		Butts & Guts 12-12:30 Karmon		Cycle 12-12:45 Dan													
12:30																				
1:00																				
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5:00	HIIT Bootcamp		HIIT Cycle 4:45-5:30	Dry Land 4:40-5:40	HIIT Bootcamp		HIIT Cycle 4:45-5:30	Dry Land 4:40-5:40	Happy Hour Barre-O 5:15-6:00											
5:30																				
6:00	Strength Training Together 5:45-6:45 Dan		Fit 5:45-6:45PM Karen		Strength Training Together 5:45-6:45 Cyndi		Fit 5:45-6:45PM Karen													
6:30																				
7:00	Tae Kwon Do 7:00-8:30PM Doug		Traditional Okinawan Karate 7:00-8:30 David		Tae Kwon Do 7:00-8:30 Doug		Traditional Okinawan Karate 7:00-8:30 David													
7:30																				
8:00																				
8:30																				