



## Class Schedule

### Monday

7:00-7:45am Cycling  
8:30-9:15am "B" Fit  
9:30-11:00am Yogalates  
4:30-5:20pm Circuit Training  
5:30-6:00pm Pilates

### Tuesday

9:00-10:15am "B" Fit  
10:30-11:30am Tai-Chi  
5:00-6:00pm "B" Fit

### Wednesday

7:00-7:45am Cycling  
8:30-9:00am Stability Ball  
9:00-9:45am Golf/Tennis Conditioning  
9:45-10:45am Yoga

### Thursday

9:00-10:15am "B" Fit  
4:30-5:15pm Cycling  
5:30-6:00pm Pilates

### Friday

7:00-7:45am Cycling  
8:30-9:25am Total Body Fitness  
9:30-10:15am Pilates

### Saturday

9:00-9:45am Cycling  
10:00-11:00am Yoga

05/08

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