



Fitness Class Schedule

Monday

High Intensity Interval Training (HIIT) with Alyona
7:00 am - 7:50 am

Strength & Sculpt with Alyona
8:00 am - 8:50 am

Iyengar Yoga with Patricia
9:00 am - 10:00 am

Aqua Fit with Luis
10:00 am - 10:45 am

Tuesday

Power Sculpt HIIT with Sandy
8:00 am - 9:00 am

Awareness Through Movement with Hilda
12:30 pm - 1:30 pm

Vinyasa Flow with Mel
6:00 pm - 7:00 pm

Wednesday

Strength & Sculpt with Fran
8:00 am - 8:50 am

Therapeutic Yoga with Patricia
9:00 am - 10:00 am

Aqua Fit with Luis
10:00 am - 10:45 am

Women on Weights with Kara
5:45 pm - 6:15 pm

Thursday

Pilates Mat with Hilda
12:30 pm - 1:30 pm

Women on Weights with Kara
1:30 pm - 2:15 pm

Friday

Strength & Sculpt with Patricia
8:00 am - 8:50 am

Yin Yoga with Patricia
9:00 am - 10:00 am

Aqua Fit with Luis
10:30 am - 11:15 am

Saturday

Iyengar Yoga with Katia
9:00 am - 10:00 am

Aqua Fit with Lakee
10:00 - 10:45 am

Functional Strength Training with Luis
11:00 am - 11:50 am