



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	Please be on time for class. This is to prevent disruption to the class and also to prevent injury, due to inadequate warm up. Thank You				Doing your own workout and talking during class time is distracting and unsafe!	9:30 MANDI
2	9:30 TOMIRA 3	9:30 TOMIRA 4	9:30 TABITHA 5	9:30 TABITHA 6	9:30 TABITHA 7	9:30 MANDI 8
Daylight Saving Time Ends	6:30 RONNIE	6:30 RONNIE	6:30 MANDI	6:30 CHRISTINA		
9	9:30 TABITHA 10	9:30 TABITHA 11	9:30 TABITHA 12	9:30 TABITHA 13	9:30 TOMIRA 14	9:30 TBA 15
	6:30 RONNIE	6:30 RONNIE	6:30 MANDI	6:30 CHRISTINA		
16	9:30 TOMIRA 17	9:30 TOMIRA 18	9:30 TABITHA 19	9:30 TABITHA 20	9:30 TOMIRA 21	9:30 MANDI 22
	6:30 RONNIE	6:30 RONNIE	6:30 MANDI	6:30 TOMIRA		
23	9:30 TOMIRA 24	9:30 TOMIRA 25	26	27	9:30 TOMIRA 28	9:30 MANDI 29
30	6:30 RONNIE	6:30 RONNIE	NO CLASSES			

GYM HOURS

MON – THURS 8:30 – 9PM
 FRI 8:30 – 8PM
 SAT 9AM- 4PM
 SUN - CLOSED

GROUP FITNESS & AQUATIC COORDINATOR

RONNIE MILLER

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ALL CLASSES ARE SUBJECT TO CHANGE

HOLIDAY SCHEDULE