





Monday, July 5th

Class Schedule

STUDIO 1	STUDIO 2	STUDIO 3 (Conf. Room)	STUDIO 4 (Upstairs)	CYCLE ROOM	AQUA
PFW Hours: 7am - 1pm					***Indicates a class in the lap pool
8:00 - 9:00 Boxing Pat	8:00 Rita 	8:00 - 9:15 Power Yoga Linda			8:15 - 9:15 Cool Cardio Conditioning Lori ***
9:00 - 10:00 Stepin' Style Vin	9:00 - 9:30 Ramp Strong Rita				9:15 - 10:00 Aqua Dance Lori ***
10:00 - 10:30 Hip Hop Abs Vin	9:30 - 10:15 Ramping Rita	9:30 - 10:30 Pilates Phil		9:15 - 10:15 Cycle Blair	10:00 - 11:00 Aqua Ball Lori
10:30 Vin 	10:30 - 11:45 Gentle Yoga Donna	10:30 AI 	Check out the PREVIEW CLASSES on the 5th! Hip Hop Abs, Meditation, Aqua Dance and Aqua Ball. You might see them on the schedule in the fall!		
11:35 AI 	12:00 - 12:30 Meditation Donna	11:30 - 12:30 Will Power & Grace Linda			

