

STUDIO/ FITNESS CLASS SCHEDULE

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
AM CLASSES					
9.30- 10.15			Cardio Kick LYNDSEY		
10-10.45	Spin & Core SHANNON	Spin Fit SHANNON		Spin Fit SHANNON	
10.30-11.15			Aqua Fit LYNDSEY		Aqua Fit DEIRDRE
11-11.45		Yoga SHANNON		Yoga SHANNON	
11.30-12.15			Pilates LYNDSEY		
PM CLASSES					
5-5.45 PM		Hiit Fit LYNDSEY		Hiit Fit LYNDSEY	
6-6.45 PM	Cardio Kick LYNDSEY	Spin & Core LYNDSEY	Body Conditioning JB	Pilates LYNDSEY	
7-7.45 PM	Pilates LYNDSEY	Aqua Fit LYNDSEY	YOGA SHANNON	Aqua Fit LYNDSEY	
8- 8.45 PM	Spin Fit Lyndsey		Spin Fit SHANNON		

Pilates= This beginners matPilates class will help develop a strong inner core while sculpting long, lean muscles.

Spin Fit/ Spin & Core= Cycle your way to fitness. Take on the challenge of the steepest mountains, the fastest flats or hill sprints all within one high-energy class.

Aqua Fit= A great water aerobic workout while toning muscles and improving flexibility and coordination.

Hiit Fit= Work your cardiovascular system and core in these short, maximal bursts. A great way to burn fat, improve your overall aerobic capacity and endurance.

Yoga= Improve your health, performance, fitness and mind. This relaxing class blends balance, strength, flexibility and power.

Cardio Kick= A high-intensity aerobics class using simple choreography, based on a fusion of martial arts and kick boxing, guaranteed to leave you breathless.

Body Conditioning= A full body workout that will improve your overall fitness and help you on your way to get in great shape and feel great about your body.