

CYCLE CLASSES							
A.M.	SUN	MON	TUE	WED	THU	FRI	SAT
5:30			CYCLE/ABS		CYCLE/RPM		
8:00							
8:15							
8:30			ONE HOUR CYCLE		ONE HOUR CYCLE		
8:45							ONE HOUR CYCLE
9:00	ONE HOUR CYCLE						
9:30		CYCLERPM				CYCLE/RPM	
P.M.	SUN	MON	TUE	WED	THU	FRI	SAT
1:45	CYCLERPM						
4:15							
5:30		One Hour CYCLE/RPM			CYCLERPM		
6:00							

AQUA AEROBICS							
A.M.	SUN	MON	TUE	WED	THU	FRI	SAT
8:00							
9:00		AQUACISE	AQUACISE	AQUACISE	AQUACISE	AQUACISE	AQUACISE
9:30							
10:00		AQUACISE		AQUACISE		AQUACISE	
10:30			AMM				
11:00		AMM		AMM		AMM	
11:30							
P.M.	SUN	MON	TUE	WED	THU	FRI	SAT
5:00							
5:30							
6:00							
6:30							