	CDOUD EVEDS	**************************************													
		ISE SCHEDULE													
(	SUBJECT TO CHANGE	:)													
	ALL I SESSION:	9/1/25-10/26/25													
	SUN	MON		TUES			WED			THURS			FRI		SAT Opens 7AM
	Opens 8AM	Opens 6AM		Opens 6AM			Opens 6AM			Opens 6AM			Opens 6AM		
							MORN:	ING CLASSES							
6:00 AM															
6:15 AM															
6:30 AM															
6:45 AM 7:00 AM															
7:15 AM															Water Arthritis
7:30 AM		<del> </del>					<del> </del>								Pool
7:45 AM		1									<u> </u>				7:15am-8am
8:00 AM	Indoor Cycling	Silver Sneakers Classic		Silver Sneakers Classic			Silver Sneakers Classic			Silver Sneakers Classic					Boot Camp
8:15 AM	NORTH GYM	DANCE STUDIO		DANCE STUDIO			DANCE STUDIO			DANCE STUDIO					NORTH GYM
8:30 AM	8am-9am	8am-8:50am	Club Remix	8am-8:50am			8am-8:50am	Club Remix		8am-8:50am		Club Remix			8am-9am
8:45 AM			NORTH GYM					NORTH GYM				NORTH GYM			
9:00 AM		Silver Sneakers Classic	8:30am-9:15am	Silver Sneakers		Water Works	Silver Sneakers Classic	8:30am-9:15am	Water Works	Silver Sneakers	Water Works	8:30am-9:15am	Silver Sneakers Classic	Water Works	
9:15 AM		DANCE STUDIO		Chair Yoga		Pool	DANCE STUDIO		Pool	Chair Yoga	Pool		DANCE STUDIO	Pool	
9:30 AM	Club Remix	9am-9:50am	Boot Camp	DANCE STUDIO	Cardio Blast	9am-9:45am	9am-9:50am	Boot Camp	9am-9:45am	DANCE STUDIO		Interval Training	9am-9:50am	9am-9:45am	Zumba
9:45 AM	DANCE STUDIO		NORTH GYM	9am-10am	NORTH GYM			NORTH GYM		9am-10am		NORTH GYM	Cardio Blast		DANCE STUDIO
L0:00 AM	9:30am-10:30am		9:30am-10:30am		9:30am-10:30am			9:30am-10:30am				9:30am-10:30am	NORTH GYM		9:30am-10:30am
10:15 AM													9:30am-10:30am		
10:30 AM															
10:45 AM															
11:00 AM															
11:15 AM															
1:45 AM		-													
		1					EVENT	NG CLASSES							
4:00 PM				1			EVEN.	NG CLASSES							
4:15 PM															
4:30 PM		1													
4:45 PM															
5:00 PM															
5:15 PM 5:30 PM		1													
5:30 PM 5:45 PM		1						-			-	1			
6:00 PM		Strength & 1	Tono -	Yoga			Strongth 0	Tono			-		* IMPORTANT BASKETBALL CO	UDTE CLOSUDE TOTAL	I DMATTON*
6:00 PM		Strength & I NORTH GY		POGA  DANCE STUDIO			Strength & Tone NORTH GYM				-		Friday, December 12th: Basket		
6:30 PM		6pm-7pm		6pm-7pm			NORTH GYM 6pm-7pm				<b>-</b>		i inday, December 12th: Basket	Dan Courts will be C	LOSED all day.
6:45 PM		- Орин-Ури		ори-/рі			- Орин-7 ри								
7:00 PM		Zumba		Zumba						Yoga	•				
7:15 PM		DANCE STUDIO		DANCE STUDIO						DANCE STUDIO					
7:30 PM			7pm-8pm		7pm-8pm		Wellness House Stretching Through Cancer			7pm-8pm					
7:45 PM						DANCE STUDIO									
8:00 PM						6:30pm-7:30pm									
8:15 PM															
8:30 PM															
8:45 PM							1			l			<u> </u>		