

COREFit Class Schedule Effective 6.5.2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM Spin Gina - Studio C	5:30 AM Bootcamp Gina - Court 1	5:30 AM (45) Spin Dawn - Studio C	5:30 AM Strength Infusion Gina - Court 1	5:30 AM (45) Spin Dawn - Studio C	7:45AM Hatha Yoga Tammy - Studio A	9:00 AM(45) Les Mills BODYPUMP™ Rotation - Court 1
8:00 AM Spin Deanna - Studio C	8:00 AM (45) Tabata Deanna - Court 1	8:00 AM Les Mills BODYBALANCE™ Deanna - Studio A	8:00 AM (45) Tabata Deanna - Court 1	5:30 AM (45) Stretch and Mobility Gina - Court 1W	8:00 AM Bootcamp Gina - Court 1	
9:00 AM Better Bar None Jill - Court 1	9:00 AM Spin Jill - Studio C	8:00 AM (45) Strength Embrace Jill - Court 1	9:00 AM CRT Deanna - Court 1	8:00 AM Yogalates Deanna - Studio B	8:00 AM Spin Deanna - Studio C	
9:15 AM Pilates Deanna - Studio A	9:00 AM Butts Guts & Bits Deanna - Court 1	9:00 AM Zumba Nicole - Court 1W	6:00 PM Zumba Ashley - Court 1	8:00 AM Spin Jill - Studio C	9:15 AM Zumba Nicole - Court 1	
6:00PM Les Mills BODYPUMP™ Malise - Court 1	5:30pm (45) Mash Up Malise - Studio A	9:15 AM Les Mills BODYBALANCE™ Deanna - Studio A	5:30pm Hatha Yoga Tammy - Kensington	9:15AM (55) WERQ Marie- Studio B	9:20 AM Les Mills BODYBALANCE™ Deanna - Studio A	
6:00PM (55) WERQ Marie- Studio A	7:00 PM Pilates Deanna - Studio A	6:00PM Les Mills BODYPUMP™ Malise - Court 1	7:00 PM Les Mills BODYBALANCE™ Deanna - Studio A	9:15 AM (50) VIIT Deanna - Court 1		
6:30 PM (40) 40 Minute Fit Peggy - Studio B		6:30 PM 40 Minute Fit (40) Peggy - Studio B		9:15 AM (50) VIIT Deanna - Court 1E		Evening Class
7:15PM(45) Les Mills BODYBALANCE™ Malise - Studio A		7:15PM(45) Les Mills BODYBALANCE™ Malise - Studio A				
7:15PM(45) Les Mills BODYBALANCE™ Malise - Studio A		7:15PM(45) Les Mills BODYBALANCE™ Malise - Studio A				

Classes averaging 4 or less registrations are subject to cancellation.

Schedule subject to change without notice.

Classes are 1 hour except when noted ()

CORE Hours
 Mon-Fri.
 5 AM-9 PM
 Sat. & Sun.
 7 AM-5 PM

