

**SUNDAY  
OCT 10**

7:00 am  
8:10 am  
9:15 am  
9:30 am  
10:30 am  
10:30 am  
4:00 pm

Master Swim with Chris  
Aqua HIIT with Debbie  
Zumba with Krystal  
Spin with Terri  
Flow Yoga with Tanya  
Mindfulness Yoga Sound Bath with Michael  
Flow Yoga with Barb

Indoor Pool  
Indoor Pool  
Hybrid Simulcast  
Spin Studio  
Mind Body Studio  
Tenergy  
Mind Body Studio

**MONDAY  
OCT 11**

6:00 am  
8:10 am  
8:45 am  
9:15 am  
9:15 am  
10:15 am  
1:00 pm  
5:30 pm  
6:00 pm

Spin with Ben  
Aqua Amp It Up with Theresa  
NIA with Brenda  
J Barre with Gina  
Spin on Demand  
Flow Yoga with Marco  
Tai Chi with Vivica  
Harder Core & Cardio with Christy  
Spin with Barbara

Spin Studio  
Outdoor Pool  
Group Fitness Studio  
Mind Body Studio  
Hybrid Simulcast  
Mind Body Studio  
Group Fitness Studio  
Group Fitness Studio  
Spin Studio

**TUESDAY  
OCT 12**

6:00 am  
6:00 am  
8:10 am  
8:15 am  
9:15 am  
9:30 am  
1:00 pm  
5:30 pm  
5:30 pm  
6:45 pm  
7:00 pm  
8:00 pm

Boot Camp with Christy  
Master Swim with Chris  
Aqua HIIT with Sherry  
Flow Yoga with Marco  
Strength Defined with Terri & Jen  
Mindfulness Yoga with Debbi ( )  
LA Blast Dance for Active Seniors with Dusty  
Pilates Cardio Barre with Lynn ( )  
STRONG by Zumba with Diana  
Power Flow with Adam  
Aqua HIIT with Debbie  
Hatha Stretch with Terry

Group Fitness Studio  
Indoor Pool  
Outdoor Pool  
Mind Body Studio  
Hybrid Simulcast  
Mind Body Studio  
Group Fitness Studio  
Mind Body Studio  
Hybrid Simulcast  
Mind Body Studio  
Outdoor Pool  
Mind Body Studio

**WEDNESDAY  
OCT 13**

6:00 am  
8:10 am  
8:15 am  
9:15 am  
9:15 am  
10:00 am  
1:00 pm  
5:30 pm  
6:45 pm

Spin with Christi  
Aqua Amp It Up with Sherry  
Raise the Bar with Cindy  
Spin with Barbara  
J Barre Sculpt Fusion with Marco  
La Blast Dance with Dusty  
Slow Flow Yoga with Debbi ( )  
Camp Strength with Barbara  
Dance Jam with Diana

Spin Studio  
Outdoor Pool  
Group Fitness Studio  
Spin Studio  
Mind Body Studio  
Group Fitness Studio  
Mind Body Studio  
Group Fitness Studio  
Hybrid Simulcast

**THURSDAY  
OCT 14**

6:00 am  
8:10 am  
9:15 am  
9:30 am  
1:00 pm  
5:30 pm  
6:45 pm  
7:00 pm  
8:00 pm

Master Swim with Chris  
Aqua HIIT with Debbie  
Strength Defined with Terri & Jen  
Mindfulness Yoga with Debbi ( )  
Boom Silver Sneakers with Stephanie  
Boot Camp with Regina  
Power Flow with Mari  
Aqua HIIT with Marilyn  
Hatha Stretch with Terry

Indoor Pool  
Outdoor Pool  
Hybrid Simulcast  
Mind Body Studio  
Group Fitness Studio  
Group Fitness Studio  
Mind Body Studio  
Outdoor Pool  
Mind Body Studio

**FRIDAY  
OCT 15**

6:00 am  
8:10 am  
8:15 am  
8:15 am  
9:15 am  
9:15 am  
10:15 am

Spin with Jennifer  
Aqua Zumba with Marilyn  
Classic Step & Sculpt with Cindy  
Mat Pilates with Lynn ( )  
Spin with Jennifer  
Zumba Dance Jam with Gina  
Fun Friday Flow Yoga with Renee

Spin Studio  
Outdoor Pool  
Group Fitness Studio  
Hybrid Simulcast  
Spin Studio  
Group Fitness Studio  
Mind Body Studio

**SATURDAY  
OCT 16**

8:10 am  
9:30 am  
9:30 am  
11:00 am  
1:00 pm

Aqua HIIT with Marilyn  
Strive Strong Boot Camp with Barbara  
Spin with Christi/Simone  
Dance Jam with Krystal Jo  
Hatha Stretch with Tanya

Indoor Pool  
Group Fitness Studio  
Spin Studio  
Hybrid Simulcast  
Mind Body Studio

