

**SUNDAY
NOV 14**


7:00 am
8:10 am
9:00 am
9:15 am
9:30 am
10:30 am
10:30 am
1:00 pm
1:00 pm
4:00 pm

Master Swim with Chris
Aqua HIIT with Debbie
Begins Dec. 5: TRX with Regina
Zumba with Krystal
Spin with Terri
Flow Yoga with Tanya
Mindfulness Yoga Sound Bath with Marketa
Begins Dec. 5: Hatha Stretch with Terry
Nov 14 Pop-Up: Yoga in the Park with Tanya
Flow Yoga with Barb

Indoor Pool
Indoor Pool
TRX Area
Hybrid Simulcast
Spin Studio
Mind Body Studio
Tenergy
Mind Body Studio
Exall Park 3501 Live Oak Dr. Dallas 75201
Hybrid Simulcast

**MONDAY
NOV 15**



6:00 am
8:10 am
8:45 am
9:15 am
9:15 am
10:15 am
11:00 am
1:00 pm
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
Begins Dec. 6: Aqua Yoga with Sherry
Tai Chi with Vivica
Begins Dec. 6: Prop Yoga with Debbi 
Harder Core & Cardio with Christy
Spin with Barbara

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

**TUESDAY
NOV 16**


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

Boot Camp with Christi
Master Swim with Chris
Flow Yoga with Marco
Aqua HIIT with Sherry
Strength Defined with Terri & Jen
Mindfulness Yoga with Debbi 
LA Blast Dance for Active Seniors with Dusty
Begins Dec. 7: Hatha Stretch with Terry
Pilates Cardio Barre with Lynn 
STRONG by Zumba with Diana
Nov 16 Pop-Up: Men's Body Alignment with Adam
Power Flow with Adam
Aqua HIIT with Debbie
Hatha Stretch with Terry

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

**WEDNESDAY
NOV 17**

6:00 am
8:10 am
8:15 am
9:15 am
9:15 am
10:00 am
11:00 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
Begins Dec. 8: Aqua Yoga with Sherry
Slow Flow Yoga with Debbi 
Camp Strength with Barbara
Dance Jam with Diana

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

**THURSDAY
NOV 18**


6:00 am
9:10 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
Indoor Pool
Hybrid Simulcast
Mind Body Studio
Group Fitness Studio
Group Fitness Studio
Mind Body Studio
Indoor Pool
Mind Body Studio

**FRIDAY
NOV 19**

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
Hybrid Simulcast

**SATURDAY
NOV 20**

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

Strive Strong Boot Camp with Barbara
Spin with Christi/Simone
Aqua HIIT with Marilyn
Dance Jam with Krystal Jo
Deep Stretch & Breath Yoga with Tanya

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