

GROUP FITNESS SCHEDULE | HENDERSON



MONDAY	GROUP FITNESS	ACTIVE 9:20 am				ACTIVE 4:35 pm	ZUMBA 5:45 pm	
	HOT YOGA		Restorative 10:30 am					Gentle Vin Yin 6:50 pm
TUESDAY	GROUP FITNESS	ACTIVE 9:20 am	CENTERGY 10:30 am			POWER 4:35 pm	ACTIVE 5:40 pm	
	HOT YOGA							Restorative 6:50 pm
WEDNESDAY	GROUP FITNESS	STEP30 CORE 9:20 am				ACTIVE 4:35 pm	POWER 5:40 pm	
	HOT YOGA		Gentle Yoga 10:30 am					Hot Core 6:50 pm
THURSDAY	GROUP FITNESS	BLAST 9:20 am	POWER 10:30 am			ACTIVE 4:35 pm	CENTERGY 5:40 pm	
	HOT YOGA		Yin 10:30 am					Slow Flow 6:50 pm
FRIDAY	GROUP FITNESS	ACTIVE 9:20 am	CENTERGY 10:30 am			BLAST 5:00 pm		
	HOT YOGA							
SATURDAY	GROUP FITNESS	fight 8:20 am	ACTIVE 9:25 am	ZUMBA 10:30 am				
	HOT YOGA			Barre 10:30 am		Flow 11:40 am		
SUNDAY	GROUP FITNESS	BLAST 8:20 am	POWER 9:25 am	CENTERGY 10:30 am				
	HOT YOGA					Yin 1:00 pm		

*Any Group Fitness Class with low attendance may be cancelled.